



Walking the Great Wall of China (9 Days)

Length: 9 days

Trip style: Adventure

Trip code: PGW

Places visited: Beijing

Highlights: Beijing, Tian'anmen Square & Forbidden City, Great Wall at Huangyaguan, Great Wall at Gubeikou, camping overnight on the Great Wall at Jinshanling, Great Wall at Simatai, Great Wall at Jiankou, Great Wall at Mutianyu

Price: USD 850 plus local payment of USD 300

OVERVIEW

There is an old Chinese saying that goes "A man who cannot reach the Great Wall is not a true man!" The marvelous defense project in ancient China extends over 5000 kilometers from the Shanhaiguan Pass on the eastern coast to the Jiayuguan Pass in the Gobi Desert in the west. Qin Shi Huang, the First Emperor of the Qin Dynasty which unified the country in 221 BC, gave orders to link up all the separated walls built by the ducal states before. The wall originally functioned as the barrier preventing from attacking by nomadic tribes in north China, and it worked very well in a long time. However the Mongols broke it down in 1271 and formed the Yuan Dynasty in 1279. The following dynasties, the Ming and Qing, made Beijing the centre of culture, economy and politics in China for more than 600 years.

This trip is designed for those who are fit, energetic and enjoy trekking. We travel through the lush mountainous areas northeast and east of Beijing. A fascinating journey on the backroads allows you to observe closely the everyday life of villagers and offers perfect opportunities to interact with the locals. Moreover, we will sleep overnight in one of the watchtowers on the Wall. We will also visit the Forbidden City and Tian'anmen Square. A highlight of this tour is hiking in remote areas, away from the crowded tourist spots.

Days 1-3	(Sat) Arrive in Beijing, and visit Ti'anmen & Square Forbidden City.
Day 4	Drive to Great Wall at Huangyaguan, hiking from Taipingzhai to Huangyaguan.
Day 5	Drive to Gubeikou, hike to Jinshanling Great Wall (overnight on the Wall).
Day 6	Great Wall hike from Jinshanling to Simatai West. Spend the night in local village.
Day 7	Great Wall hike at Jiankou.
Day 8	Great Wall hike from Jiankou to Mutianyu. Drive back to Beijing.
Day 9	Trip ends this morning. (Sun)

Itinerary

Days 1-3: Beijing

Your trip starts today with your arrival in Beijing. 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 **300 US dollars** to the meeting along with your travel insurance details. Please bring new USD notes/bills in large denominations. Please see the notice board in the hotel reception for details.

Beijing is abundant in cultural and historical sites. The vast **Tian'anmen Square & 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 meter is interesting, ranging from intricately carved walkways to colorful, painted ceilings. 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).

Included activities:

Tian'anmen Square & Forbidden City

Optional Activities:

Temple of Heaven CNY35 (USD 5)

Summer Palace CNY30 (USD 5)

Jingshan Park CNY5 (USD 0.8)

Lama Temple CNY40 (USD 6)

Beijing Zoo CNY20 (USD 3)

Kungfu Show CNY180-280 (USD 25-35)

Beijing Opera CNY150-200 (USD 20-25)

Hutong Tour CNY130 (USD 20)

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

Accommodation: hotel (3 nts)

Meals: 3 breakfasts

Day 4 Beijing- Great Wall at Huangyaguan

Early in the morning we depart to Huangyaguan, a 3-4 hour journey. We will have our lunch before hiking for 2-3 hours on the wall from **Taipingzhai to Huangyaguan**.

The wall is completely unreconstructed at Huangyaguan section, so requires good negotiation and careful attention. It is quite solid and rough going scrambling through various scrubs and berry plants and scramble on the wall's rubble. Originally built in 557 AD, the Huangyaguan Great Wall was repaired for the first time in Ming Dynasty with bricks and then restored again in 1985. It is 41 kilometers in length with its walls and towers built on mountain ridge with an average altitude of 738 meters. The name Huangyaguan translates to "Yellow Cliff Pass" and is named after the yellowish hills and rocks nearby. It is unique in that it has various different-shaped watchtowers. There are not many tourists in this area, as it is a remote and seldom visited location. The most unique feature here is the Street of the Eight Diagrams, an architectural wonder of the Ming Dynasty lying just below the pass. A labyrinth set up to confuse and entrap invading armies, this fortification design is based on the ancient trigrams of the Book of Changes. UNESCO placed Huangyaguan Great Wall on the UN list of the World heritage. In May each year marathon runners from around the world come here to participate in one of the world's most demanding courses, with exhausting ascents, steep descents and more than 3,700 steps. We only walk this section once, rather than completing the circuit twice as is required of the marathon runners. We will spend our night in the 2-star Huangyaguan Hotel, located at the Street of the Eight Diagrams.

Included activities:

Great Wall hike from Taipingzhai to Huangyaguan (3 hours)

Accommodation: farmer's guesthouse (1 nt)

Meals: 1 breakfast/1 lunch/ 1 dinner

Day 5 Great Wall at Gubeikou – Jinshanling (overnight on the Wall)

We drive for two hours to our next section of the wall, **Gubeikou**, from where we trek to **Jinshanling** (5 hrs). This is a long but leisure day.



Gubeikou is located 146 kilometers north of Beijing. It has the Panlong (Coiling Dragon) and Wohu (Crouching Tiger) mountains in the background and is linked to the Qingfeng (Green Wind) and Dicui (Piled Verdure) peaks. The Chaohe River runs across the foot of the wall from north to south. In 1378 (the 11th year of Emperor Hongwu's reign in the Ming Dynasty), General Xu Da ordered this section of the Great Wall rebuilt. Gubeikou has seen probably more battles than any other part of the Great wall, including some of the most famous in Chinese history. On the southern slope of Gubeikou stands a temple dedicated to Yang Ye, a famous Great Wall garrison general of the Song Dynasty. There are quite a few temples in China dedicated to this general, but this one is perhaps the oldest. Our walk takes us eastward along the old city wall, passing numerous watchtowers and other parts of the wall that have not yet been restored.

After 2 hrs hiking on the wall of Gubeikou section, we have to get off the wall to avoid a military area nearby. Going through the path in the field for 1.5 hrs, and then we will come back to the wall again on the Jinshanling section. We will watch the sunset and then off the wall to have fresh Chinese dishes in a local farmer's kitchen.

After dinner our guide will take us back up to the watchtower on the wall where we will spend the night. Take what you will need for the hiking in the next morning as we will not come back before the hiking. The rest of luggage will be locked in our vehicle and be driven straight to Simatai West in the next day. You can take your own blanket sheet though we provide clean sleeping bags.

Included activities:

Great Wall hike from Gubeikou to Jinshanling (5 hours)

Accommodation: camping on the Wall (1 nt)

Meals: 1 breakfast/1 lunch/ 1 dinner

Day 6 Great Wall at Jinshanling - Simatai West

Wake up and enjoy breakfast on the Great Wall as the sun rises around you. It's the right time to produce amazing photographs. At this time there are usually no other tourists on the wall, you have the wall to yourself. After breakfast we will start the hiking, and it will take about 2 hours hiking on the wall. We will get off the wall at Kylin Tower, and cannot walk to Simatai East direction due to the recent closure of Simatai Great Wall. We will then drive to Jiankou and stay overnight at Xizhazi village.

Jinshanling is the name given to an 11-kilometre section of the wall situated on the Jinshan Mountains. The earliest bit of this structure was built in the 6th Century AD, but most of what you see now dates from the Ming Dynasty. This section of the wall has 67 watchtowers, each built in a different style of architecture. The walkway along the top is paved with square bricks providing a level surface wide enough to construct or erect batteries. Poems and tablet writings can be found on the Jinshanling Great Wall left from the time General Qi Jiguang directed building of this section of the Great Wall. Barrier walls were built leading to the enemy towers to protect the towers. Some of the towers were storerooms for food, hay and weapons.

After the trek we will drive to Xizhazi village at Jiankou. Here, you can relax and get a first-hand taste of rural life. Basic shower is available. Our hosts and most of the other villagers are still farmers, so don't be surprised if you are awakened to the sound of roosters crowing!

Included activities:

Great Wall hike from Jinshanling to Simatai West (3 hours)

Accommodation: farmer's guesthouse (1 nt)

Meals: 1 breakfast/1 lunch/ 1 dinner

Day 7 Great Wall at Jiankou

We will walk the Wall at Jiankou section today, and it will take about 4 hours hiking on the wall. We will start the hiking from Jiankou and then continue the hike westward to the foot of Ladders to the Heaven (or the Sky Stairs and we will skip this section).



The Great Wall at **Jiankou** is completely untouched, original and authentic. The Wall was built on the narrow mountain ridges with large pieces of dolomite as basement. The superstructures are mainly bricks which were baked in the kilns in nearby villages. These watchtowers were abandoned after the Manchu people took over the power in 1644. It has superb scenery, dense vegetation and many fine watchtowers. The most difficult section of the climb is a 15-20 meter descent. The stone steps are the width of your foot and there is only a single balustrade of wall here for balance. You will be rewarded by the breathtaking scenery for your great effort. As it's not easy to access, there are just a few hikers at weekend and holidays.

After the trek, we will come back to the same family guesthouse.

Included activities:

Great Wall hike at Jiankou (4 hours)

Accommodation: farmer's guesthouse (1 nt)

Meals: 1 breakfast/1 lunch/ 1 dinner

Day 8 Great Wall at Jiankou – Mutianyu - Beijing

We'll start walking in the morning after breakfast. The hike will take up to 5 hours on the Wall. After lunch we'll drive back Beijing.

Jiankou to Mutianyu offers a wonderfully satisfying experience of the Wall. It has superb scenery, dense vegetation and many fine watch-towers in an excellent restored section which is about six meters broad. The brickwork is elaborate, with crenellations on both sides and finely curved eaves on some watchtower roofs. There are decorative gables with animal statues, and tablets bearing calligraphy above some entrances. The first one hour is going straight up and reaching the wall, and then hike unrestored towers. The wild Wall to the west is the original Ming Dynasty (1368-1644) with fine stonework, and there are almost no other people. You will be rewarded when you approach Zhengbeilou Tower, where you will have a breathtaking view of Jiankou section.

Included activities:

Great Wall hike from Jiankou to Mutianyu (5 hours)

Accommodation: hotel (1 nt)

Meals: 1 breakfast/1 lunch

Day 9 Beijing

This is a leisure day for relax after a few days walking. Checkout time is usually around 12 noon; however you are free to leave at any time in the morning. Additional accommodation can be arranged on request.

Meals: 1 breakfast

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

Accommodation: hotel (4 nts), guesthouse (3 nts), camping on the Wall (1 nt)

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: Local bus, metro, taxi, chartered bus, walking

Meals Included: 8 breakfasts /5 lunches / 4 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 traveling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends.

Joining Hotel:

Soluxe Courtyard Hotel Beijing

No. 2 Xitao Hutong, Jiugulou Da Jie, Xicheng District, Beijing

Tel: 86-10-8402 1188

北京阳光老宅院酒店

地址: 北京市西城区旧鼓楼大街西缘胡同 2 号 (鼓楼桥南 200 米路西)

电话: 010-8402 1188



Joining Instructions:

When arriving at Beijing Capital International Airport, you have choice of metered taxi or airport bus. Please follow the signs for taxis or bus which is clearly marked once you exit from the baggage hall. **DO NOT GO WITH ANYONE WHO APPROACHES YOU WHO SAYS THEY HAVE A METERED TAXI IN THE PARKING LOT. THEY WILL RIP YOU OFF!!!!** The taxis are all lined up out from of the airport and have traffic guards directing people into a waiting taxi. The ride from the airport to our starting hotel will take between 50-60 minutes depending on traffic and should cost approx. 95-120 Yuan (plus 5 Yuan for the airport tollway). There are about 6 different airport buses that drop you off at different places around the city. The staff at the airport bus counter can tell you which bus will be closes to your hotel. The cost is 16 Yuan. If you have paid for an arrival transfer when you booked your trip our driver will be waiting for you with a PANDA Travel Sign with your name on it. Please check carefully once you exit the baggage hall as there seem to be hundreds of people waiting outside in the arrival area.

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** - Gary (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 bag 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 travelers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when traveling 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 travelers' 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 traveler is different and therefore spending money requirements will vary. Some travelers may drink more than others while other travelers 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 August 2011 the exchange rate for HONG KONG was 1 USD = 7.76 HKD (Hong Kong Dollar) and CHINA was 1 USD = 6.30 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 traveler's 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. Traveling with PANDA Adventures you experience the vast array of wonderful food that is available out in the world. Generally breakfasts and lunches are included; dinners are left to you the flexibility in deciding where, what and with whom to eat. Your group leader or local guide will be able to suggest favorite restaurants during your trip. There is no obligation to do this though.

Allow USD 50 for meals not included.

Activities Included:

Included activities are listed in the day-to-day itinerary, all other activities are optional and at your own expense. If you choose not to participate in the included activities on this itinerary, the cost will not be refunded.

Optional Activities:

A selection of optional activities are listed in the day-to-day itinerary. This isn't an exhaustive list and should be used as a guide only. Prices are for entrance only and don't include transport costs to and from the sites or local guides unless indicated. It may not be possible to do all the activities listed in the time available at each destination. Optional activities aren't necessarily endorsed or recommended by PANDA nor included in price of this trip. If you do any optional activities, you do so at your own risk and it must be clearly understood that your participation is your own decision and doesn't form part of your contract with PANDA.

Local Payment:

Your tour leader will collect **USD 300** 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.

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 \$3-\$4 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 \$3-4 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 traveling, for the safe keeping of your passport, air tickets, travelers' cheques, cash and other valuable items. Many of the hotels we use have a safety deposit box 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 traveling 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 judgment 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 travelers. 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 travelers over 70 years a completed Medical Form is required. PANDA reserves the right to exclude any traveler 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. Travelers 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. Travelers over the age of 70, or travelers 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 travelers 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 travelers 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 hospitalization, 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 traveling, 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 traveler. 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 travelers there will probably have an embassy and consulate in the country that you live in. **Please note if you are traveling 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 traveling 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 travelers 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.



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 travelers 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 travelers, 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.