



ULTIMATE CHINA

Classic Tour | 28 Days | Physical Level 3

Beijing – Xian – Guilin – Yangshuo – Kunming – Dali – Lijiang – Zhongdian – Lhasa –
Chengdu – Yangtze River Cruise – Shanghai

This really is the ultimate tour for those who want to experience China in depth! From modern cities and ancient history to rural villages and spectacular landscapes, this is the tour for those wanting to see all of China's highlights in just one visit.

- Discover the imperial treasures of Beijing
- Walk on the Great Wall of China
- See the spectacular Terracotta Warriors
- Visit the Stone Forest
- Explore Dali & Zhongdian
- Cruise the mighty Yangtze River
- Experience mystical Lhasa

To book call **0800 936 3998** or visit your local travel agent

Visit wendywutours.co.nz

TOUR MAP

ULTIMATE CHINA TOUR INCLUSIONS:

- Return international economy flights, taxes and current fuel surcharges (unless a land only option is selected)
- All accommodation
- All meals
- All sightseeing and entrance fees
- All transportation and transfers
- English speaking National Escorts (if your group is 10 or more passengers) and Local Guides
- Specialist advice from our experienced travel consultants
- Comprehensive travel guides
- Safe and secure with IATA

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

CLASSIC TOURS:

These tours are designed for those who wish to see the iconic sites and magnificent treasures of China on an excellent value group tour whilst travelling with like-minded people. The tours are on a fully inclusive basis so you'll travel with the assurance that all your arrangements are taken care of. 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.

PHYSICAL LEVEL 3:

All our tours feature a physical rating to help you select the right holiday for you. To travel on any of our tours requires unaided mobility and the ability to stroll around the sights.

‘Ultimate China’ is rated as a physical level 3 tour. A good level of fitness is required as you need to be comfortable walking for 2-3 hours and covering longer distances. Walking or other activities such as cycling will be at a gentle pace and will involve straightforward terrain.

- There will be sightseeing on foot for both short and extended periods of time
- On the Great Wall of China in Beijing some of the walking will be at an incline
- On the Li River in Guilin, on Erhai Lake in Dali and on the Yangtze River Cruise, as well as on any shore excursions, you will be required to get on and off the boats without assistance
- You will be reaching high altitude at a maximum of 4,000m in Lhasa, Tibet

This tour has been carefully designed to minimise the effects of Altitude Sickness whilst in the Yunnan province and Lhasa. Please be prepared for mild symptoms of Altitude Mountain Sickness (AMS) which include dizziness, fatigue, nausea, loss of appetite, breathlessness, headache and disturbed sleep. These usually develop over the first 36 hours at altitude and not immediately on arrival. AMS symptoms are experienced by people of varying ages and levels of fitness, and usually the symptoms will subside after a day or so. If symptoms worsen, you should seek medical advice and descend in altitude immediately. The following precautions may help to prevent or lessen the effects of AMS:

- Since fluid loss usually accompanies the acclimatisation process, drink plenty of fluids (3 - 4 litres daily at least) and eat carbohydrate food to keep the body properly hydrated.
- Do not over exert and only partake in light activity immediate after your arrival.
- Don't smoke, drink alcohol, or take other depressants such as tranquilisers and sleeping pills, as these depress the respiratory drive and reduce oxygen intake.
- Assume any sickness at high altitude is AMS until proven otherwise.
- Never ascend to higher altitudes while showing symptoms of AMS
- You must report any symptoms of AMS immediately to your National Guide

Our National Escort 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.

JOINING YOUR TOUR:

The tour is 28 days in duration including international flights or 26 days in duration based on ‘Land Only’. Join the tour on Day 2 in Beijing and end the tour on Day 27 in Shanghai.

Travellers booked on ‘Land Only’, the price includes your arrival/departure airport transfers if arriving/departing on the start and conclusion date of your tour, or when booking pre and post night accommodation with Wendy Wu Tours.

DETAILED ITINERARY

Days 1-2: Fly to Beijing

Meals: D

On arrival in Beijing Daxing or Beijing Capital Airport, 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 approximately 1 hour to your hotel.

Early check-in is not included. Additional nights before and after your tour can be arranged. Please contact our Reservations team to book.



An informal Welcome Dinner will be held on Day 2. Late arrivals will receive a box dinner.

Destination Information

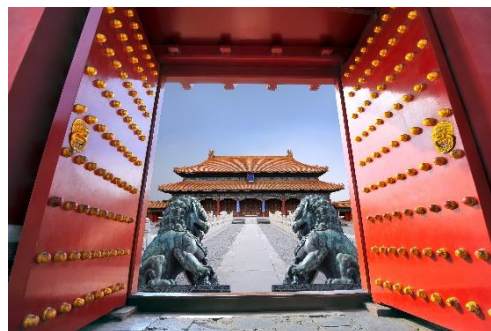
Beijing – The capital of the People’s Republic of China, with its unequalled wealth of history, Beijing served as the centre for the many different empires and cultures that ruled China. It has been the heart of politics and society throughout its long history. The ancient monuments, stories of days gone by, and the dynamic, modern city Beijing has become today, make it a destination not to be missed.

Day 3: Beijing

Meals: B, L, D

Walk through Tiananmen Square and into the magnificent Forbidden City. Later, soak up the harmonious ambience of the Temple of Heaven. Sightseeing today will involve approximately 3-4 hours on foot. Tonight, enjoy a traditional Peking duck dinner.

Please note: The Forbidden City is closed on Mondays. If this day of touring falls on a Monday, your touring in Beijing will be switched round so that the Forbidden City is visited on an alternative day. In an effort to preserve the Forbidden City, the number of entry tickets per day has been significantly reduced. Whilst every effort will be made to obtain the tickets, should this not be possible, then you will instead visit the Forbidden City from the outside and visit the nearby Prince Kung’s Palace Museum.

**Destination Information**

Tiananmen Square – Built under the guidance of Chairman Mao Zedong, Tiananmen Square is one of the largest public squares in the world, said to hold a capacity crowd of over one million. It houses not only the Monument to the People’s Heroes, it is also the final resting place of Chairman Mao himself in the Mausoleum of Mao Zedong.

Forbidden City – The sacred centre of the Chinese empire for 500 years and home to the Ming and Qing dynasties, the Forbidden City is a vast complex of over 900 buildings and covers an area of 180 acres. Since 1987, the Forbidden City has been a UNESCO World Heritage Site and its palatial architectural style has been an influence on many imperial buildings throughout Asia.

Temple of Heaven – Set in a 267-hectare park surrounded by a long wall and with a gate at each compass point, the Temple of Heaven is absolutely unique. It is one of the most perfect examples of Ming architecture, created as a place of worship for the Emperors, who would ask for prosperity, longevity and good harvest for the people.

Peking duck – A favourite of the Emperor’s court and the upper-class elite during the Qing Dynasty (1644-1911), Peking duck quickly spread throughout Chinese society to become a national favourite and a symbol of China.

Day 4: The Great Wall

Meals: B, L, D

Rise early this morning and drive around 2 hours northwest of the city to the Juyongguan Pass. Here you can take a walk on the Great Wall of China, appreciating the wall itself and the dramatic scenery. After walking from the coach to the first section, your group will receive an introduction to the Great Wall’s unique history and a briefing on the different walking routes available, depending on your level of fitness. You will then have approximately 2.5-hours free time to explore at your own pace. Please note that there are many steps at the wall and certain sections are steeper than others.



Later, visit a jade factory, and in the afternoon, wander around the beautiful grounds of the Summer Palace. This evening, there is an optional Kung Fu show (time permitting, payable locally).

Destination Information

Great Wall of China – Originally built under the first Emperor of China, Qin Shi Huang, The Great Wall of China is the country’s most iconic sight. Snaking through the northern countryside from the Gobi Desert in the west into the Bohai Sea in the east, the Great Wall of China is the longest wall in the world and was used as a fortification against northern nomadic tribes. The current structure dates back to the Ming Dynasty - over 700 years old.

Jade Factory – Learn about one of China’s most symbolic and important materials: jade, at this comprehensive factory. Understand how to tell if jade is real or fake and watch artisans at work, carving this emerald stone into works of art.

Summer Palace – The former holiday retreat of the Qing emperors, the Summer Palace is a stunning example of Chinese garden style. The Summer Palace incorporates the Fengshui notion of ‘Mountain’ and ‘Water’, seen here with tranquil Kunming Lake and magnificent Longevity Hill.

A favourite resort of the Empress Dowager Cixi, the Summer Palace is home to a stunning Marble Boat and the Long Corridor, one of the longest outdoor passageways in the world.

Day 5: Beijing – Xian

Meals: B, L, D

Transfer to the train station and take the speedy bullet train to Xian, a journey of around 5.5-hours. In Xian, dine on scrumptious Shui Jiao dumplings followed by a performance of Tang Dynasty dancing.

Please note you will need to carry your own luggage on and off the train.

**Destination Information**

Xian – Xian has long played a pivotal role in China's extensive history and has been a thriving hub for cultural exchange, economic trade as well as national politics for centuries. Home to some of China's most ancient sights, diverse architecture and delicious fares, Xian is a must-see destination.

Tang Dynasty Dancing Show – Xian, previously known as Chang'an, was an important cultural and historical centre in not only China but in the known-world. The Tang Dynasty dancing show is an exciting exponent of this prosperous society and keeps alive the splendour of this period.

Day 6: Xian

Meals: B, L, D

Spend the morning viewing the enigmatic ranks of the life-sized Terracotta Warriors. The Museum of the Terracotta Warriors and Horses is located approximately a 1-hour drive outside of Xian. From the bus park to the museum entrance there is a 15-minute walk. There are electric carts offered by private vendors which can be organised at your own cost. There is no electric cart available for the return from the museum exit to the bus park. Within the museum area the warriors can be seen in 3 different 'pits', which are active archaeological digs. The site is large and will take about 2 and a half hours to explore. After this, visit the Xian Art Ceramics and Lacquer Exhibition Workshop to see smaller models of the warriors being made.



Later, stroll on the beautifully preserved 14th century city walls that enclose Xian's old town. The local guide will give you time to explore the ancient city walls at your own pace. There are options here to hire a bicycle or an electric cart to drive along the length of the wall. These are offered by private vendors and can be organised at your own expense. This evening, there is an optional Tang Everbright city night tour (time permitting, payable locally).

Please note we recommend wearing a helmet if cycling on the wall.

Destination Information

Terracotta Warriors – One of the most significant archaeological discoveries of the 20th century, this unearthed army is comprised of over 7,000 soldiers, horses and chariots. The army was built in life-sized form by thousands of workers and designed by Emperor Qin Shi Huang to defend himself in the afterlife.

Xian Art Ceramics and Lacquer Exhibition Workshop – See smaller versions of the enigmatic Terracotta Warriors being created at the captivating Xian Art Ceramics and Lacquer Exhibition Workshop; even purchase your own portable soldier.

Ancient City Walls – Dating back to the Ming Dynasty in the 14th century, the Xian ancient city wall is one of the best-preserved urban fortifications in China. The wall's ideal spot gives visitors a bird's eye view over this fantastic city. Follow the locals' example and hire a bike to get an even more spectacular experience.

Day 7: Xian – Guilin

Meals: B, L, D

Fly 2 hours to the scenic city of Guilin. On arrival, visit the Reed Flute Caves to admire the stunning colours of the stalagmites and stalactites. You will walk through the caves, involving around 500 stairs and sometimes along damp paths.. It usually takes about 1.5-hours to complete the route and it is quite cool inside. Later, take a tour of the South China Pearl Factory where you will have the opportunity to buy these precious stones.



Destination Information

Guilin – Guilin is one of China's most stunning and panoramic cities, renowned for the unique beauty of the mountains that fringe it. It was founded during the first Chinese empire, the Qin Dynasty, and developed as a trading town due to the building of the Ling Canal which links the important Pearl and Yangtze River systems.

South China Pearl Factory – Get an insight into the pearling industry of southern China at the South China Pearl Factory, where you also have the opportunity to purchase some of these elegant silver jewels.

Reed Flute Caves – Named so because of the clumps of slender reed once commonly found at the entrance to the caves which was also used to make flutes, the Reed Flute Caves houses a grotto of multi-coloured stalactites and stalagmites.

Day 8: Guilin – Yangshuo

Meals: B, L, D

Take a relaxed 4-hour cruise along the Li River to the charming village of Yangshuo where you will spend 2 nights. Around every river bend is a view to take your breath away as jagged peaks loom over rural scenes of lush greenery, grazing buffalos and local fishermen.

These are small cruise boats usually holding approximately 100 passengers; with an enclosed dining area on the lower deck and an open viewing area on the upper deck. As it is



so popular, there are generally many boats at the docks – please be reassured that the cruise itself will be scenic and relaxing as the boats cruise past unspoilt countryside.

Usually, the boats depart at 9am from the dock located a 1-hour drive from your hotel. However, when the river level is low they depart from further downstream which would mean a longer drive and an earlier check-out from your hotel.

Disembarking from the cruise, your Local Guide will walk with you to your hotel, approximately a 30-minute walk from the river. There are electric carts offered by private vendors which can be organised at your own cost.

Destination Information

Li River Cruise – Joining the twin beauty spots of Guilin and Yangshuo, the Li River offers a leisurely tour through some of the area’s most stunning and dramatic scenery. Pass karst mountain landscapes and unhurried cormorant fishermen as you chug along on your river cruise ship.

Yangshuo – Yangshuo is home to some of the best scenery in the world. This quaint town is renowned for its breathtaking vistas and peaceful country life. Surrounded by stark karst peaks and attractively located on the Li River, Yangshuo, alongside Guilin, prides itself in being the most sought-after beauty spot in China.

Day 9: Yangshuo

Meals: B, L, D

Begin the day with a relaxing and invigorating session of Tai Chi, taking a class with a master to learn this ancient martial art.

Next, explore Yangshuo’s countryside, which is surrounded by landscapes of jewel-green paddy fields and dramatic limestone karsts, and stop on the banks of the Li river for a photo opportunity with a genuine cormorant fisherman.



The rest of the afternoon is at leisure. There are many activities to take part in, including cycling, rafting and walking (payable locally).

Destination Information

Cormorant Fishing – A traditional fishing method used for centuries in both China and Japan, skilled fishermen have trained their cormorants to catch fish for them by diving into the water and returning with their prize.

Day 10: Yangshuo – Guilin – Kunming

Meals: B, L, D

Transfer to the railway station for your bullet train to the scenic city of Kunming, a journey of 7-hours. The journey to through Yunnan's beautiful southern mountain ranges is known for being one of the most scenic in China.

Please note you will need to carry your own luggage on and off the train.



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 11: Kunming

Meals: B, L, D

Drive 1 and a half hours to the Stone Forest and spend the morning exploring the unusual limestone rock formations of the Kunming Stone Forest. This involves around a golf car ride into the park and around 2-hours of walking along cobblestone paths to view the maze of rock pinnacles, lake and ponds.

After lunch, return to Kunming and in the evening, dine on the local delicacy Across the Bridge noodles.



Destination Information

Kunming Stone Forest – Located 120km southeast 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. See if you can find the following formations for yourself – Everlasting Fungus, Baby Buffalo, Moon Grazing Rhino, Sword Pond and Baby Elephant.

Across the Bridge noodles – Across the Bridge noodles is a type of rice noodle soup from Yunnan Province served in a broth style. It is usually accompanied by meat, bean curd and vegetables.

Day 12: Kunming – Dali

Meals: B, L, D

Board the bullet train and journey around 2 hours to the pretty city of Dali. In Dali, visit the symmetrical Three Pagodas.

Please note you will need to carry your own luggage on and off the train.

**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 13: Dali

Meals: B, L, D

Head over to Xizhou Village to explore the local wares at the market and the iconic Yan Family house before exploring Dali's quaint old quarter. Sightseeing around the Dali Ancient Quarter and surrounding countryside is relaxed, involving around 3 hours on foot.

Later, take a cruise on tranquil Erhai Lake - you will be required to get on and off the boat here without assistance.

**Destination Information**

Xizhou Village – Xizhou Village was once a military stronghold and flourished during the Ming Dynasty. Surrounded by rice paddies and shadowed by Cangshan Mountain, Xizhou is not only famous historically, but is a great place to shop and browse for Bai minority people wares and delicious fares.

Yan Family House – Previously owned by a famous local merchant, Yan Family House is now a museum of a traditional Bai ethnic house well-known for its wood carvings, stone sculptures and clay statues.

Erhai Lake – The centrepiece of Dali, Erhai Lake is a beautiful oasis of striking blue waters, temple islands and cormorant fishermen. Erhai literally means 'ear sea' and is named so due to the ear shape of the lake. A cruise on the lake is the best way to fully appreciate the natural beauty of the area.

Day 14: Dali - Lijiang

Meals: B, L, D

Drive 2 hours to Shaxi, a former ancient market town on the famous Tea and Horse Route, and enjoy some easy sightseeing around the old town. Continue a further 2 hours to the quaint town of Lijiang, one of China's best-preserved old towns.

Overnight altitude: 2,300m

**Destination Information**

Shaxi – Shaxi became an important trading point on the famous Tea and Horse Route during the Tang Dynasty. The Tea and Horse Route, like the Silk Route, increased trade between China and the rest of Asia, as it passed through Tibet and Burma.

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 15: Lijiang

Meals: B, L, D

A magnificent mountain massif, the Jade Dragon Snow Mountain incorporates several peaks, the tallest of which is 5,500m. Visiting Jade Dragon Snow Mountain is very popular with travellers to this area, so 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 where you will take a 10-minute chairlift and explore one of the beautiful high meadows and enjoy the amazing vistas.



From the chairlift, there is a wooden pathway to the meadow; this walking route takes approximately 20 minutes. Descend by chairlift to re-board the bus. You may reach a maximum altitude of 3,250M during your time on Jade Dragon Snow Mountain.

On the way back to Lijiang, visit Baisha Old Town to view the fascinating murals, painted during the early Ming Dynasty. There are ruthless souvenir sellers near the bus park so be firm to avoid any hassle.

Daytime altitude: 3,200m at Jade Dragon Snow Mountain

Overnight altitude: 2,300m

Please note that 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.

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, botanising 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.

Day 16: Lijiang – Zhongdian

Meals: B, L, D

Drive around 2 hours (depending on number of photo stops) out of Lijiang to the Tiger Leaping Gorge, one of China's most dramatic sights. 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. The whole area is spectacular, so prepare for breathtaking views.



Lunch today will be a simple meal as the choice of restaurants in this area is limited. Continue around 2 hours to the monastery town of Zhongdian, also known as Shangri-La.

This afternoon is at leisure to acclimatise to the altitude.

Daytime altitude: 3,400m

Overnight altitude: 3,400m

Destination Information

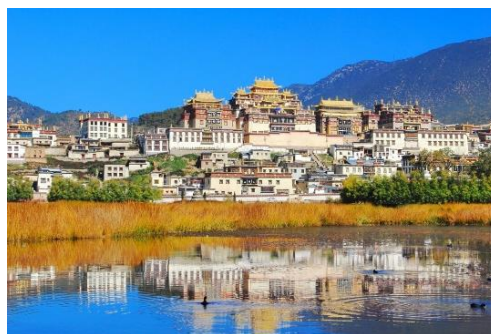
Tiger Leaping Gorge – Tiger Leaping Gorge is believed to be one of the deepest and most dramatic gorges in the world, measuring at 16km. Hiking along Tiger Leaping Gorge has become incredibly popular, as those who do can view its roaring stream, cascading waterfalls and magnificent scale.

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 17: Zhongdian

Meals: B, L, D

Begin the day with a visit to a Tibetan village where you will pay a visit to a local family and learn how to make Tibetan Butter Tea. Next, visit Songzanlin Monastery, one of the most significant centres of Tibetan Buddhism outside of Tibet. There are steep steps to climb at the monastery. End the day with a tour of Zhongdian's Old Town, where you will see authentic Tibetan dwellings, prayer halls and pagodas, and a visit to Dafo Temple.



Daytime altitude: 3,400m

Overnight altitude: 3,400m

Destination Information

Tibetan village – Gain an insight into how the local people live and see the traditional Tibetan architecture.

Dafo Temple – Dafo Temple is a Buddhist temple with over a 1600-year long history.

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.

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 18: Zhongdian – Lhasa

Meals: B, L, D

Fly 2 hours to Lhasa, the capital of spiritual Tibet. The afternoon is at leisure to help acclimatise to the altitude.

Daytime altitude: 4,000m

Overnight altitude: 3,700m



Destination Information

Lhasa – Historically and spiritually a centre for Buddhism, Lhasa is home to many culturally significant sights, including the Potala Palace, Jokhang Temple and the Norbulingka Summer Palace. Set on the Tibetan Plateau, Lhasa is one of the highest cities in the world, reaching heights of 3,700m.

Day 19: Lhasa

Meals: B, L, D

Wander around the Barkhor to see traditionally dressed locals, stalls of religious trinkets and prostrating pilgrims. Inside the Jokhang Temple, the sacred centre of Tibetan Buddhism, the devotion is palpable as queues of people worship in the flickering light of yak butter candles.

There will also be a visit to the Sera Monastery, a renowned seat of Buddhist learning, and a local Tibetan arts and crafts shop.



Sightseeing at the Jokhang Temple and Sera Monastery will involve climbing steps and walking over uneven surfaces in dim light.

Daytime altitude: 4,000m

Overnight altitude: 3,700m

Destination Information

Barkhor – Encircling the Jokhang Temple, the Barkhor is a cluster of narrow streets that acts as a circuit of pilgrimage for Buddhists around the Jokhang. There are many stalls here where you can peruse for Tibetan trinkets, religious relics and exquisite jewellery.

Jokhang Temple – Considered the most important and sacred temple in Tibet, the Jokhang Temple is located amongst Barkhor and dates back to the 7th century. The architecture is a simple blend of Indian, Chinese and Nepalese designs and is a mix of stunning colours both inside and out.

Sera Monastery – The Sera Monastery is one of the ‘Great Three’ monasteries in Tibet located 5km outside of Lhasa. Although its monk population is rather small, there is still a bustle of activity, especially in the morning and late afternoon, when you can see debates on religious theory.

Day 20: Lhasa

Meals: B, L, D

This morning, visit the iconic palace of Potala, the largest monastery in the world. Sitting atop Red Mountain, the Potala Palace is painted in a traditional Tibetan blend of deep red and stark white. There are 500 steps to reach the palace and return down, and around 2-3 hours on foot in total. Inside the palace, there are some narrow stair cases and dim lighting. A small torch can be helpful to make your surroundings clearer.



Next, visit Norbulingka, Lhasa's answer to Beijing's Summer Palace.

Daytime altitude: 4,000m

Overnight altitude: 3,700m

Destination Information

Potala Palace – The former winter residence of the Dalai Lama, the Potala Palace has long been a symbol of Tibetan Buddhism and struggles between the Dalai Lama and the Chinese government. Abandoned by the Buddhist spiritual leader in 1950, the Potala Palace now acts as a museum of old treasures and intricate shrines.

Norbulingka – Norbulingka served as the summer residence of the Dalai Lama from the 1780s to 1959. Set over an extensive park, Norbulingka is home to several chapels and palaces, as well as beautiful flower arrangements.

Day 21: Lhasa – Chengdu

Meals: B, L, D

Fly 2 hours Chengdu, the capital of Sichuan Province. Take a stroll through People's Park to see the famous Matchmaker's Corner, where parents search for suitable suitors for their children. Tonight, enjoy a traditional Sichuanese meal.



Destination Information

Chengdu – China's symbolic western capital and the residence of the country's most lovable black and white bear, Chengdu has an abundance to offer. A fast-paced economy which is dragging China's west into the 21st century, it is no wonder that Chengdu's appeal is growing year on year.

People's Park & Matchmakers' Corner - People's Park is a pleasant respite from urban Chengdu. Here you can see beautiful golden koi, locals dancing and practicing tai chi, and most interesting of all, Matchmaker's Corner, where parents search for suitable boyfriends or girlfriends for their children.

Day 22: Chengdu – Yangtze River Cruise

Meals: B, L, D

Today you will visit China's most famous resident, the Giant Panda, at the Panda Conservation Centre. See these lovable creatures in surroundings that mirror their natural habitat. It is not guaranteed that you will be able to see the feeding of the younger pandas, as this only happens at the start and end of each day. Sightseeing involves approximately 1 and a half hours on foot and there are electric carts offered by private vendors that can be organised at your own cost. Later, travel 4-5 hours by coach to Chongqing, where you will board your Yangtze River Cruise vessel. There are around 200 steps from the coach parking to the cruise dock. A porter can be paid for locally.



Please note that the Yangtze River cruise section of your itinerary will not be confirmed by the cruise operators until after you commence your tour as it is subject to local river conditions and water levels. Your local guide will do their utmost to keep you informed of any changes but cannot guarantee against delays or – in rare cases – cancellations of sections of your itinerary. Shore excursions are subject to change depending on local conditions. A detailed itinerary will be handed out on the vessel each day.

If you do not wish to take part in a shore excursion but you still wish to disembark the cruise ship, there is a mandatory port tax which must be paid by each customer. The port tax amount is approx. USD20-USD30 per person; however, this amount can vary and for security reasons, it is not always possible to disembark at all ports of call.

Please be aware that there are a number of steps involved in embarking and disembarking your Yangtze River Cruise Ship, particularly during low tide. If you think this may be an issue, please inform us in advance. You may be offered cabin upgrades locally which may include some of the amenity package services. Please note that the amenity package benefits start on the second day of the cruise.

Destination Information

Panda Conservation Centre – With over 80 pandas holding residence, the Chengdu Panda Research Base is equipped with the latest technology and research materials to gain a further understanding in how we can protect the panda and maintain, if not increase, its numbers. The park is set up to resemble the mountain and forest regions in north Sichuan, the original home of the Giant Panda, with extensive bamboo trees and large green spaces. Red Pandas, the Giant Panda's lovable cousin, and flamboyant peacocks too roam the park, making for an interesting mix.

Yangtze River – One of the world’s great and legendary waterways, this 6,300km river has its origins high up in the snow-covered mountain of Tanggula, in the southwestern Qinghai Tibet Plateau, and runs into the ocean in Shanghai. It is estimated that the banks of this river are home to almost a third of China’s population.

Day 23: Yangtze River Cruise

Meals: B, L, D

Today, you may wish to visit Mt. Shuanggui, also known as “Luming Mountain”. Disembark from the ship to the dock and take a short bus transfer to the area. Sightseeing here involves climbing some steps. You will be off the ship for around 2.5 hours.

Depending on local river conditions and the cruise programme, you may visit Shibaozhai Temple or Fengdu Ghost City instead. There are additional shore excursions available, paid for locally.

**Destination Information**

Mt. ShuangGui – A national forest park known for its picturesque scenery and has for centuries been a favorite destination for literati and artists. There are cliff brush writings of calligraphists here from the Song Dynasty to the present day, and pavilions are named for notable historic figures.

Day 24: Yangtze River Cruise

Meals: B, L, D

Transfer to smaller vessels for a relaxing excursion through the Shennong Stream gorges, which are narrower than the Three Gorges, but very impressive.

Later, as the cruise ship continues upstream, prepare for breathtaking vistas as you pass through Wu and Qutang gorges. Wu gorge is known for its quiet beauty, forest-covered mountains, and sheer cliffs, while Qutang Gorge is the shortest, narrowest, and most dramatic gorge.



Depending on local river conditions, you may travel along the gorges of Goddess Stream instead of Shennong Stream. The tranquil Goddess Stream flows from the Southern bank of the Yangtze, opposite Goddess Peak, and is home to many protected species of animals. Cruise through the stream’s narrow gorges on a smaller vessel and enjoy the beauty of your surrounds.

Destination Information

Shennong Stream – Shennong Stream flows from north to south through stunning deep gorges finally merging with the Yangtze to the east of the mouth of Wu Gorge. The landscape on both banks of this crystal-clear stream is unique and tranquil.

Day 25: Yangtze River Cruise – Shanghai

Meals: B, L, D

Visit the Three Gorges Dam, the largest hydroelectric dam in the world. Disembark the ship and drive approximately 45-minutes through the surrounding areas (the coach is not permitted to stop for photos) to the viewing area above the ship locks where you can truly appreciate the scale of this hydroelectric project. There is a small museum and a lookout point here. The sightseeing will involve around 1 hour on foot.



Later, transfer to Yichang and board your bullet train to the cosmopolitan Shanghai, the train will take approximately 7-hours.

Destination Information

Three Gorges Dam – Commenced in 1994 and completed in 2009, the Three Gorges Dam is the largest water conservancy project ever undertaken. The Dam is located near Sandouping, which is in the middle of the Xiling Gorge, the longest of the Three Gorges. The Three Gorges Dam is 2,335m long, 185m high, 18m wide on the top and 130m wide at the bottom. The dam has raised the river to a level of 175m above sea level, creating a 600km long reservoir. The building of this huge dam was for the purpose of flood control, electricity, navigation, and irrigation.

Shanghai – Once known as the ‘Paris of the East’, Shanghai is now one of Asia’s most influential cities. Prior to communist arrival in 1949, Shanghai was a city with European-style mansions and was the most important trading port in Asia. Today it presents a blend of cultures; the modern and the traditional, along with the European and oriental. Modern skyscrapers intermingle with 1920s ‘shikumen’ buildings. This combination is what attracts millions of visitors each year.

Day 26: Shanghai

Meals: B, L, D

Shanghai is China’s great metropolis, where east and west collide on streets lined with futuristic skyscrapers and 10th century temples.



Today’s explorations start with a visit to the Yu Garden and Chenghuang Temple where you will have free time to explore followed by the atmospheric alleys of the old town. Admire the magnificent colonial architecture with a stroll along the historical Bund and visit the Silk Factory. Sightseeing today involves 3-4 hours on foot.

There is an option to visit ride the Maglev Train and visit Jin Mao Tower (time permitting, payable locally), or alternatively enjoy time at leisure to explore.

This evening, view the city from the Huangpu River on a panoramic cruise before sampling some traditional Shanghai cuisine.

Destination Information

Chenghuang Temple – Built during the Ming Dynasty, the Chenghuang Temple was built to protect the safety of the people of Shanghai. An old saying suggests that “one who fails to reach the temple never reaches Shanghai”.

The Bund – Recognised as Shanghai's former 'Wall Street', the Bund is home to an impressive collection of buildings from the early trade houses of the 1850s to the glamorous Art Deco modernism of the 1920s. Originally the home of the foreign population of Shanghai, the Bund's architecture has inherited much western influence and is a stark contrast to the Pudong skyline, sitting across the Huangpu River.

Silk Factory – The Silk Factory is an educational journey through the production of silk, one of China's most famous and luxurious materials. Learn about the use of silkworms and silk moths in its production; the manufacturing process; as well as silk's journey along the Silk Road which brought this product across Asia and Europe.

Huangpu River – The Huangpu River flows through the centre of Shanghai and separates the city into Pudong, meaning 'east of the Huangpu' and Puxi, 'west of the Huangpu'. Cruising down the river, you will see the contrast of the historical Bund architecture on one side of the river with the modern Pudong skyline on the other side. At night, the banks of the Huangpu light up, turning Shanghai into a neon wonder.

Day 27 - 28: Depart Shanghai

Meals: B

Any time before your flight is at leisure. You will be transferred from your hotel to Shanghai Pudong or Shanghai Hongqiao Airport, according to the departure time of your international flight.

Late check-out is not included. Additional nights before and after your tour can be arranged. Please contact our Reservations team to book.

CHINA & TIBET TRAVEL INFORMATION

VISAS & PERMITS:

China Visas are not required for New Zealand and Australia passport holders for stays 30 days and under. For longer periods in China and/or other passport holders a visa will be required. Full details will be advised by Wendy Wu Tours upon booking.

Please be advised that your passport must have at least six months validity left on it when you arrive back into New Zealand.

Tibet - An entry permit is required for travel to Tibet and is included for all passengers. Changes can occur to the Chinese Government policies regarding the issue of these permits, sometimes at short notice. Wendy Wu Tours will keep all customers up to date with any changes regarding the issuing of Tibet permits that may affect our ability to operate this tour as per the original itinerary. In all cases, alternative arrangements are offered. There is no consular representation in New Zealand. Therefore, Wendy Wu Tours will forward information to our office in China to process and the permit will be provided to you locally.

Please note the visa procedures and requirements may change at any time. These changes are often made by the relevant embassy or consulate; Wendy Wu Tours acts as a third party and has no influence on the process of a visa. Your travel consultant will inform you if any changes are applicable prior to your departure.

INSURANCE:

We strongly recommend that you take out a policy as soon as you pay your deposit. Wendy Wu Tours cannot in any way be made liable for any additional cost incurred by the customer on any tour due to the customer not having adequate travel insurance.

We also encourage all customers to take a copy of their travel insurance documents (especially relevant international contact numbers) with them while on tour. We advise that you check the inclusions and procedures for lodging claims prior to your departure. These documents should be stored separately from the original

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 be no more than 28 travellers in each group although you may encounter other Wendy Wu our 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.

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 tabletop. 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!

PLEASE INFORM US OF ANY ALLERGIES AND/OR SPECIAL DIETARY REQUIREMENTS AT TIME OF BOOKING.

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 29 th January 2025 and 17th February 2026. Golden Week public holidays fall annually between 1st – 3rd May and 1st – 7th October.

TRANSPORT:

Trains: On this tour, you will take multiple high-speed “bullet” train journeys. You will travel in second-class soft seats with air conditioning. For train journeys you must ensure that you pack liquids, aerosols and gels/lotions in your hand luggage as per recent regulations. Passengers are not allowed to carry any aerosols over 100ml. Passengers are also not allowed to carry flammable gases or liquids including styling gel, compressed air or insecticides; any explosives, magnetised material, knives (including Swiss Army knives), scissors or sharp items (medication is fine). Bag checks are conducted randomly and any of these items may be confiscated before boarding the train (in hand luggage or main luggage). The National Escort will inform you of specific details prior to boarding.

High-Speed Train Facilities: The second-class seats are in a 3 x 2 seating configuration. Each carriage has a western style toilet. Most seats will have a foldable tray table and power socket for charging your electronic devices. There are dining carts on board if you wish to purchase your own additional food.

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 bumpy but our drivers will do their utmost to lessen the impact.

Planes: Internal flight/s are based on economy class, with reputable airlines. Lithium Ion batteries, usually used in laptops, cell phones and digital cameras, must be carried in your hand luggage (not in your checked luggage). Portable chargers with a case that does not state the capacity or with a capacity of 160wh and more are not allowed on internal flights at all.

Cruise Vessels: Included is a cruise on the Yangtze River. Your cabin will have a private bathroom and balcony. Due to tightened security process for luggage upon cruise disembarkation in Yichang, the Transport Authority has imposed a fee of RMB25 per main luggage item. Wendy Wu tours will cover the cost of one main luggage item per person. If you have additional items (excluding hand luggage) you will need to cover the cost yourself locally – RMB25 per item.

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 New Zealand and China.

All group tour hotels have private western bathroom facilities, air conditioning, TV and telephone. Due to environmental regulations, not all hotels in China provide toiletries in the rooms. 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.

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.

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.

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.

LUGGAGE:

All travellers are limited to two items of luggage each: a suitcase with a maximum weight of 20kg and one piece of hand luggage with a maximum weight of 5kg. It is essential that your luggage is lockable. We recommend packing only as much as you can lift as you will need to carry your own luggage on and off trains. Please note that authorities will only allow bottles onto the aircraft if they have been checked in as main baggage. Bottles in hand luggage may be confiscated.

SOUVENIRS:

We want to be able to give you an opportunity to buy souvenirs; so in each city, we will visit a workshop or factory 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.

VACCINATIONS AND YOUR HEALTH:

Wendy Wu does not give specific health advice, we recommend that you contact either your Doctor or Health centre for advice on vaccinations and travel health. Safetravel has a comprehensive website that you may also find useful www.safetravel.govt.nz

AFTER YOUR BOOKING:

Once you have booked with Wendy Wu Tours, you will receive a confirmation invoice including a visa application form (if applicable), and a help sheet. Your final documentation pack will be sent to you approximately 2-3 weeks prior to departure.

ITINERARY CHANGES:

It's 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'll make the best possible arrangements maintaining the integrity of your trip.

Updated: November 2024