



# TIBETAN WONDERS

Go Beyond Tour | 24 Days | Physical Level 4

Kunming – Dali – Lijiang – Zhongdian – Lhasa – Shigatse – New Tingri – Rongbuk – Gyantse – Tsedang -  
Chengdu

Journey through the diverse landscapes of Yunnan Province up to 'the roof of the world'. Admire ancient monasteries and Himalayan vistas before taking in the ultimate view of Everest.

- Explore the fascinating Stone Forest
- Experience the mighty Tiger Leaping Gorge
- Walk the spiritual Barkhor Circuit of Lhasa
- See Mount Everest from Rongbuk Monastery
- Travel along the spectacular Brahmaputra River
- Meet the Giant Pandas in Chengdu

**TOUR MAP**

**TIBETAN WONDERS TOUR INCLUSIONS:**

- Return international economy flights, taxes and current fuel surcharges (unless travelling land only)
- All accommodation
- Meals as stated on your itinerary
- All sightseeing and entrance fees
- All transportation and transfers
- English speaking National Escort (if your group is 10 or more passengers) and Local Guides
- Visa fees for New Zealand passport holders
- Specialist advice from our experienced travel consultants
- Comprehensive travel guides

*The only thing you may have to pay for is personal expenditure e.g. drinks, optional excursions or shows, meals not stated in the itinerary, insurance of any kind, customary tipping and early check in or late check out. These are all payable locally.*

### GO BEYOND TOURS:

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Venture off the beaten track to explore fascinating destinations away from the tourist trail. You will discover the local culture in depth and see sights rarely witnessed by other travellers. These tours take you away from the comforts of home but will reward you with the experiences of a lifetime. These tours include:

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

### PHYSICAL LEVEL 4:

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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.

'Tibetan Wonders' is rated as a physical level 4 tour. A good level of fitness is required as you need to be comfortable walking for 2-3 hours and covering longer distances. As a whole, this itinerary requires a high level of fitness involving hiking and travelling to remote areas where tourist facilities are less developed.

**This itinerary visits several remote locations where hotel facilities are extremely basic, especially in Rongbuk. Please read the accommodation section at the end of this dossier for more information.**

This tour has been carefully designed to minimise the effects of Altitude Sickness from day 6 to day 20 whilst in Lijiang, Zhongdian, Lhasa, Shigatse, New Tingri, Rongbuk, Gyantse and Tsedang. 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 overexert and only partake in light activity immediately after your arrival
- Do not 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

Of course, 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:**

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The tour is 24 days in duration including international flights. Please note that due to flight schedules passengers may arrive/depart on Day 2.

Travellers booked on 'Land Only, the price includes visa fees and your arrival/ departure airport transfers if arriving/departing on the start and conclusion date of your tour. Please advise your international flight times to reservations.

Join the tour on Day 2 in Kunming and end the tour on Day 23 in Chengdu. Please refer to your final itinerary for more specific meeting instructions pertaining to your departure.

### **ITINERARY CHANGES:**

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

## DETAILED ITINERARY

### Days 1-2: Fly overnight to Kunming

Meals: D

Fly to the relaxed city of Kunming. You will be met at Kunming airport in the Arrivals Hall by your Local Guide and/or National Escort from Wendy Wu Tours. Together with other group members who may be arriving at a similar time, transfer 1 hour to your hotel.

Depending on your time of arrival the rest of the day is yours to start soaking up the local culture. This evening a tour introduction will be held in the hotel, along with a welcome dinner. Please note soft drinks and wine will not be served at this meeting. It is simply an opportunity for your group to meet and learn more about travelling in China.



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

### Destination Information

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

### Day 3: Kunming

Meals: B, L, D

This morning, drive around 1 and a half hours to wander through the unusual limestone rock formations of the UNESCO listed Kunming Stone Forest. Sightseeing here involves up to 2 hours walking on paths and steps to view the maze of rock pinnacles, lakes and ponds.

This afternoon, visit the Western Hills, often referred to as 'Sleeping Beauty Hills'. Dine on local Across the Bridge Noodles in the evening.



### Destination Information

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

**Western Hills** – Also known as 'Sleeping Beauty Hills', Kunming's Western Hills have from a distance, the appearance of a lady lying beside Dianchi Lake with her face upward and her hair trailing into the water.

**Day 4: Kunming - Dali**

Meals: B, L

Drive approximately 4 hours to Dali, a charming town that offers a peek into bygone China. Wander around the charming Ancient Quarter and visit the Three Pagodas.

**Destination Information**

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

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

**Day 5: Dali**

Meals: B, L

Visit Mount Weibao (Weibaoshan), one of China's fourteen sacred Taoist mountains. The journey time is approximately 2 hours from Dali, depending on road conditions. Steeped in legend, the mountain features 20 Taoist temples nestled on its forested slopes. You will walk for around 1 and half to 2 hours, visiting a handful of these intricately decorated temples. Stop at one of the temples and be met by a Taoist priest for a relaxing meditation session.

**Destination Information**

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

**Day 6: Dali – Lijiang**

Meals: B, L

Drive 2 and a half hours to Shaxi, a former ancient market town on the famous Tea Horse Road and enjoy some easy sightseeing around the old town as well as a local lunch. Continue 1 and a half hours to the quaint town of Lijiang where you will have free time to explore the Old Quarter.

Overnight altitude: 2,300 metres

**Destination Information**

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

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

**Day 7: Lijiang**

Meals: B, L, D

A magnificent mountain, the Jade Dragon Snow Mountain comprises several peaks, the tallest of which is 5,500 metres. Today, you will explore one of the beautiful high meadows and enjoy the amazing vistas.

To avoid the large crowds of people queuing at the same time, the local government's tourist authority allocates a time to each group. The bus will drive to the base of the mountain, from where you will take a 10-minute chairlift to Yunshaping (Cloud Fir Meadow) at an altitude of approximately 3,200 metres. From the chairlift, there is a wooden pathway to the meadow, which takes approximately 1 hour to walk. Descend by chairlift and re-board the bus. There are ruthless souvenir sellers near the bus park so be firm to avoid any hassle.



Later, visit Baisha Village to admire the fascinating Baisha Frescoes, painted during the early Ming Dynasty, and see the intricate creations of the Mu Family Embroidery School. Sightseeing at Baisha Old Town is leisurely. Next, meet a Shaman who will demonstrate how to write ancient Dongba characters, before you attempt this quirky art form yourself. Finally, sample traditional Naxi cuisine.

Daytime altitude: 3,200 metres

Overnight altitude: 2,300 metres

*Please note this section of the itinerary is subject to change at late notice. Your local guide will keep you informed of any changes as they are made aware.*

### Destination Information

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

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

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

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### Day 8: Lijiang – Zhongdian

Meals: B, L

Start the day with a visit to the picturesque Black Dragon Pool where you can enjoy spectacular vistas of the Jade Dragon Snow Mountain.



Drive approximately 2 hours to Tiger Leaping Gorge. Over 3,000 metres deep and with a backdrop of snow-capped mountains, it is one of China's most extraordinary sights. The whole area is spectacular – prepare for breathtaking views. The bus will drop you off at the parking lot at the side of the Gorge. From here you will walk to the entrance and down the steps to the bottom of the gorge. Enjoy the stunning view along the riverside before making your way to the top again.

Lunch today will be a simple meal as the choice of restaurants in this area is limited. Continue another 2 and a half hours to the Tibetan monastery town of Zhongdian, also known as Shangri-La. On Arrival, visit the Dafo Temple and enjoy free time in the Old Town.

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*Overnight altitude: 2,300 metres*

### Destination Information

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

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



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

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**Day 9: Zhongdian**

Meals: B, L, D

Today, visit the Songzanlin Monastery, one of the most significant centres of Tibetan Buddhism outside of Tibet. There are steep steps to climb at the monastery. From Songzanlin Monastery take a leisurely walk in the countryside for 2-3 hours to Napahai Grassland.



In the rainy season the grasslands become a lake, and this ever-changing area is popular with birdwatchers and nature lovers alike. You will be provided with a packed lunch for today. Later, visit a Tibetan- style village where you will learn how to make Tibetan Butter Tea and taste home-cooked dishes.

Daytime altitude: 3,400 metres

Overnight altitude: 3,400 metres

**Destination Information**

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

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

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

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**Day 10: Zhongdian - Lhasa**

Meals: B, D

Fly 2 hours to Lhasa, the heart and soul of Tibet. The afternoon is free to relax and acclimatise to the altitude.

Daytime altitude: 4,000 metres

Overnight altitude: 3,700 metres



### 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 3,700 metres.

**Day 11: 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, to watch the debating monks. Please be sensitive whilst at the temple as religion is an extremely sensitive topic in China. This is not a chance to converse with the monks, you will be able watch the monks debating between themselves and learning scriptures. Sightseeing at the Jokhang Temple and Sera Monastery will involve climbing many steps and walking over uneven surfaces in dim lighting.

In the evening, enjoy a Tibetan dinner and a Tibetan Dance Performance.

Daytime altitude: 4,000 metres

Overnight altitude: 3,700 metres

### Destination Information

**Barkhor** – Encircling the Jokhang Temple, the Barkhor is a cluster of narrow streets that acts as a circuit of pilgrimage for Buddhists round 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 5 kilometres 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 12: 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. At the Potala Palace there are over 1000 steps.



Next, visit Norbulingka, Lhasa's answer to Beijing's Summer Palace, set in parkland just outside the city. Enjoy lunch at Snowland Restaurant.

Daytime altitude: 4,000 metres

Overnight altitude: 3,700 metres

**Destination Information**

**Potala Palace** – The former winter residence of the Dalai Lama, the Potala Palace has long been a symbol of Tibetan Buddhism and the struggles between the Dalai Lama and the Chinese government. Abandoned by the 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, it is home to several chapels and palaces, as well as beautiful flower arrangements.

**Day 13: Lhasa – Shigatse**

Meals: B, L, D

Travel for about 5 hours across Tibet's stark plains to Shigatse. Dominated by a fort reminiscent of the Potala, Shigatse is Tibet's second largest city and the traditional seat of the Panchen Lama. You will have some time on arrival to explore the local markets.



Daytime altitude: 3,800 metres

Overnight altitude: 3,600 metres

**Destination Information**

**Shigatse** – Shigatse has been developed by the government to become the second largest city in Tibet. It has an interesting local market and one of the largest functioning monasteries in Tibet, Tashilhunpo.

**Day 14: Shigatse – New Tingri**

Meals: B, L, D

Continue approximately 5 hours by road to New Tingri, admiring the awe-inspiring views of the mighty Himalayas as you go.

Daytime altitude: 4,350 metres

Overnight altitude: 4,350 metres

**Destination Information**

**New Tingri** – Also known as Shelkar, New Tingri is located just off the famous Friendship Highway which connects Tibet with Nepal.

**Day 15: New Tingri - Rongbuk**

Meals: B, L, D

Drive for around 3 hours through some of the world's most incredible scenery to the Rongbuk Township. See the world's highest post office, with the Himalayas dominating the horizon (please note, the post office is usually closed).

Either walk for approximately 2 hours (one way), or take a 30 minute drive to the Everest Base Camp Boundary Monument - sturdy walking shoes are recommended.

Situated under the gaze of Everest's north face, the views of the world's highest peak are unsurpassed (weather permitting). Visit Rongbuk Monastery, draped in colourful prayer flags, as well as the small Old Rongbuk Monastery. Stay overnight at the Rongbuk Monastery Guesthouse.

Daytime altitude: 5,200 metres

Overnight altitude: 5,100 metres



*Please note, due to government restrictions and to protect the environment of Mt. Everest, visitors are not allowed to visit Base Camp where the climbers stay overnight. You will enjoy the views of Mt Everest from a point further down the mountain. Please also note that due to the isolated location of the Rongbuk township and limited hotel options here, the accommodation in Rongbuk is extremely basic with shared toilet facilities and no showers. There is no hot water.*

**Destination Information**

**Rongbuk Monastery** – Rongbuk Monastery is a Buddhist monastery near the base of the north side of Everest dating back to the early 20th century. It is said to be the highest monastery in the world.

**Day 16: Rongbuk – New Tingri**

Meals: B, L, D

Wake up early to see a glorious sunrise over Everest before driving approximately 2 hours back to New Tingri for your overnight stay. The road is rough and muddy through this area.

Daytime altitude: 4,350 metres

Overnight altitude: 4,350 metres

**Day 17: New Tingri – Shigatse**

Meals: B, L, D

Drive around 5 hours back to Shigatse, passing the Tso La Pass and Gyatso La Pass and enjoying the awe-inspiring views. The evening is at leisure.

Daytime altitude: 3,800 metres

Overnight altitude: 3,6000 metres

**Destination Information**

**Gyatso La** – A high mountain pass at 5220 metres above sea level, Gyatso La is the highest point on the Friendship Highway between Nepal and China.

**Day 18: Shigatse – Gyantse**

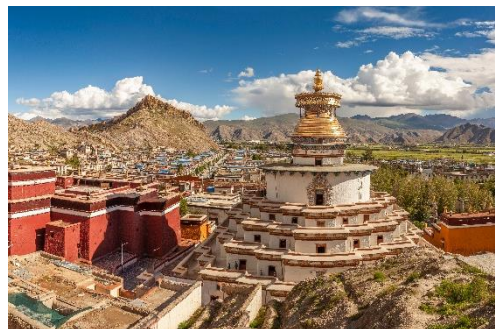
Meals: B, L, D

Visit Tashilhunpo Monastery and join the pilgrims on their 'Kora' (circumnavigation) of the Monastery. Afterwards, drive around 3 hours to Gyantse.

This afternoon, visit Gyantse Kumbum as well as the Tsang Traditional Folk House to see a traditional kitchen and taste some local snacks and home-brewed 'chang'.

Daytime altitude: 4,050 metres

Overnight altitude: 4,050 metres

**Destination Information**

**Tashilhunpo Monastery** – Founded in 15th century, the Tashilhunpo Monastery is the second largest in Tibet and is the largest functioning religious institution in Tibet.

**Kora** – Kora is a type of pilgrimage and meditative practice in Tibetan Buddhist tradition. The meaning of Kora literally translates as 'circumnavigation' and involves pilgrims circling a sacred place or object.

**Gyantse Kumbum** – Dating back to the 15th century, the Gyantse Kumbum is a 35 kilometre-high chorten and is considered the most important of its kind. Kumbum translates as ‘100,000’ and refers to the thousands of images of Buddha houses inside.

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**Day 19: Gyantse – Tsedang**

Meals: B, L, D

Travel along the Brahmaputra River to Tsedang, called the ‘cradle of Tibetan civilisation’. Today will be a long driving day of approximately 8 hours. Take a short stop on the way at Gangpo Ri, the "birthplace of the Tibetan People".

Daytime altitude: 3,500 metres

Overnight altitude: 3,500 metres

**Destination Information**

**Tsedang** – An important city in Tibet and the fourth largest, Tsedang is known for its ancient ruins and Samye, the first Tibetan Monastery, giving the city the nickname ‘the cradle of Tibetan civilisation’.

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**Day 20: Tsedang – Lhasa**

Meals: B, L

Perched on a hill over the Yarlung River, legend says that the ancient Yumbulhakang Palace was the first building in Tibet and the palace of the first Tibetan king. Sightseeing at the Yumbulhakang Palace involves walking for about 30 minutes up a hill and there are also some steps. The remainder of the sightseeing is easy paced.

Continue to Tradruk Monastery and the King’s Tomb before returning to Lhasa for an evening at leisure. Today’s driving time is 3 hours.

Daytime altitude: 4,000 metres

Overnight altitude: 3,700 metres

*Please note that the Yumbulhakang Palace is under repairs until further notice. If your tour is affected by this, you will instead visit the Ramoche Temple in Lhasa.*

**Destination Information**

**Yumbulhakang Palace** – The palace has a very long history and boasts many sculptures and paintings from ancient times. It was built for the first Tibetan King, Nyatri Tsanpo, in the 2<sup>nd</sup> Century BC. It then became the summer palace for Princess Wenchen and Songtsen Gampo during the reign of Songtsen Gampo himself.

**Tradruk Monastery** – Tradruk Monastery is one of the earliest Buddhist temples in Tibet, built in the 7<sup>th</sup> century. It lies on the eastern bank of the Yarlung River. “Tran” means roc and “druk” means dragon in Tibetan, as the monastery got its name from the legend that it could only be built after Songtsan Gampo had turned into a roc and conquered an evil dragon.

**King’s Tomb** – King’s Tomb includes the resting place of the kings, their wives and officials. The groups of tombs vary in size and cover a total area of 3 million square metres. According to Tibetan documents, there are 21 tombs here. The tombs are flat on top and piled with earth and rock.

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**Day 21: Lhasa – Chengdu**

Meals: B

Fly 2 hours to Chengdu. On arrival, transfer to your hotel where the rest of the day will be at leisure. Your guide will be on hand to suggest activities or places to explore, or you can use the time to just relax in your hotel.

**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. With a fast-paced economy that is dragging China’s west into the 21st century, it is no wonder that Chengdu’s appeal is growing year on year. As the gateway into Sichuan Province’s large collection of sights, as well as Chengdu being its own trove of historical and cultural treasures, Chengdu is a must-visit on any trip to China.

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**Day 22: Chengdu**

Meals: B, L, D

Today you will visit China’s most famous resident, the Giant Panda at the Panda Conservation Centre, where you can learn about China’s celebrated bear. 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, visit People’s Park, Matchmaker’s Corner, where you can watch parents search for suitable suitors for their children, and a traditional teahouse where you can try Chinese tea (at your own expense). This evening, enjoy a farewell dinner of traditional Sichuanese cuisine and an optional Face Changing Show.

### 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.

**People's Park** – 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.

**Sichuanese Meal** – Sichuanese cuisine is famous for its use of Sichuan pepper and chillies. These spices from the area are known for their 'mala' (numb and spicy) flavours, which seem to cool and heat your mouth at the same time. Famous dishes include Kung Pao Chicken, twice-cooked pork and spicy Sichuanese hotpot.

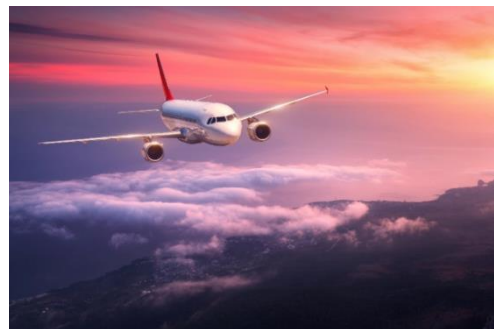
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### Day 23-24: Depart Chengdu

Meals: B

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

*Please note late check out is not included. For any additional nights or late check-outs contact our reservations.*





## CHINA - TRAVEL INFORMATION

### VISAS & PERMITS:

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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:

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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:

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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 18 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 10 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

## EATING IN CHINA:

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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. 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**

## DEVELOPMENT IN CHINA:

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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.

## TRANSPORT:

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**High-Speed Trains:** On this tour, you will take multiple high-speed “bullet” train journey’s. 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. Facilities vary from train to train. Most carriages have 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 flights 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

## TIPPING POLICY:

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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.

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.

### ACCOMMODATION:

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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 New Zealand and China. All group tour hotels have private western bathroom facilities, air conditioning, TV and telephone.

In China, 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.

\*Please note: The accommodation in Rongbuk is extremely basic and the only facilities are simple public toilets. The rooms are multi-bedrooms shared with other guests. Rooms are not ensuite and there is no hot water or showers. You will have a wash basin and a thermos of boiled water in your room; towels are not provided by the property. Ensure you bring layers to sleep in and keep warm. The location of the hotel however is unsurpassed: if the weather is good, you will be able to see Everest when you wake up!

### EXCHANGING CASH:

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It is highly recommended that extra care and attention is paid when exchanging money when travelling to cities outside of Beijing and Shanghai. US Dollars are easily exchanged throughout China and other currencies can generally be exchanged in hotels and airports provided notes are new and undamaged. We suggest exchanging your money before travelling to remote areas and smaller towns, as exchange facilities can be limited. Your National Escort will remind you to do this before departure.

### LUGGAGE:

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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 five kilograms. It is essential that your luggage is lockable. 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.

### PORTERAGE:

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Please be aware that portorage is not included on our tours in Taiwan. You will therefore need to be able to handle your own luggage within the hotel and when using transportation like trains and coaches.

### PERSONAL EXPENSES AND OPTIONAL TOURINGS:

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Personal Expense - You will need to take some extra money to cover drinks, laundry and souvenirs, plus any additional sightseeing that may be offered to you.

Optional Tours - May be offered in each city you visit during your tour. These are not included in the standard itinerary and will only be available if time permits and if seats are available.

Please ensure you have additional funds available if you feel you may wish to participate in any extra activities. Each option will be arranged locally by your National Escort/Local Guide, participation and tipping for optional excursions is completely at your discretion.

### CLIMBING STEPS:

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Sightseeing at nearly all the palaces, fortresses and some temples involves climbing quite a number of steps. These palaces were built to provide defence against potential invaders so nearly all of them stand on top of a hill, while the interiors have layers of narrow hallways and steps to slow down the advance of enemies once they were inside. The steps tend to be quite large, not level and sometimes without handrails. Buddhist temples or pagodas also tend to be built at an elevation, as this is the most auspicious position according to ancient beliefs. This means you sometimes need to walk from the bus park to the entrance, and/or need to climb some steps inside.

People with knee or hip injuries who have poor balance or are otherwise unable to complete these activities independently should consider the suitability of this itinerary carefully

### VACCINATIONS AND YOUR HEALTH:

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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](http://www.safetravel.govt.nz)

### BEFORE YOU LEAVE:

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We strongly recommend registering your travel plans with [www.safetravel.govt.nz](http://www.safetravel.govt.nz) as in the event of an emergency, New Zealand Consular assistance will be more readily available.

Up until the day you travel, it is vital you keep up to date and familiarised with the entry requirements as these can change at short notice. You are personally responsible for completing any entry forms, conducting any covid tests (if necessary), etc and adhering to countries' specific entry requirements.

You can also access the New Zealand Government's travel advisory service for up-to-date information about your destination on the same website.

### AFTER YOUR BOOKING:

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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.

Updated: November 2024