



Dreams of Nature Tour Dossier

Discovery Tour | 23 Days | Active

Guilin - Yangshuo - Zhangjiajie - Yangtze River - Nine Villages Valley -
Chengdu - Mt Emei (Emeishan)

Towering pinnacles swathed in mist, sky-skimming mountains and nature at its most verdant are some of the wonders included on this scenic tour. Indulge your senses with China's most dramatic natural highlights.

Tour Highlights:

- **Guilin & Yangshuo** - Beautiful landscapes of the Li River
- **Zhangjiajie** - Magnificent topography often referred to locally as 'a goddess dancing on a heavenly stage'
- **Yangtze River** - Spectacular scenery of the Three Gorges
- **Nine Villages Valley** - 'Jiuzhaigou' Nature Reserve; breathtaking natural scenery
- **Chengdu** - View modern day Chinese lifestyle at People's Park
- **Mt Emei (Emeishan)** - Sacred Buddhist mountain



Dreams of Nature Tour Inclusions

- Return international economy flights, taxes and current fuel surcharges (unless a land only option is selected)
- 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)
- Visa fees for Australian passport holders

Personal expenditures e.g. drinks, optional excursions or shows, insurance of any kind, meals not stated in the itinerary, early check in or late checkout and other items not specified on the itinerary are at your own expense.

Discovery Tours

Designed for those who wish to be further immersed in the authentic charm of Asia; our Discovery Tours include more cultural and active experiences. You will be accompanied by our dedicated and professional National Escorts or Local Guides, whose unparalleled knowledge will turn your holiday into an unforgettable experience. Our Discovery tours include:

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

Active Tour

'Dreams of Nature' is an **active** tour. Active tours require a good level of fitness, as they are physically more demanding. They may involve hiking, and some travel to remote, high altitude areas where tourist facilities are less developed.

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.

Altitude

This itinerary visits areas of high altitude. If you have an existing respiratory, vascular or coronary condition, we recommend checking with your doctor before undertaking this itinerary. The following parts of the itinerary have high altitude:

1. Changhai (Long Lake) in the Nine Villages Valley. Sightseeing is at an altitude of 3,100m [10,170ft]. Please note that the place where you will be staying overnight is not at high altitude.
2. Huanglong - Sightseeing is at 3,500m [11,483ft].
3. Mt Emei – Sightseeing is at 3,077m [10,095ft].

AMS (Acute Mountain Sickness) occurs in some people when they travel to altitudes over 3,000m. Mild symptoms of AMS include dizziness, fatigue, nausea or loss of appetite, breathlessness or headache. 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. It is recommended to drink more water, non-alcoholic and noncaffeinated drinks and avoid exertion after arriving in altitude over 3,000m.

Making sure you are well hydrated (by drinking lots of water and refraining from alcohol/caffeine) before and during the tour, as well as exercising to improve your aerobic fitness before you leave, are generally considered to be excellent ways to prevent or alleviate the severity of mild AMS. If you smoke, your doctor will probably also advise you to stop several weeks before your tour. If you have an existing respiratory, vascular or coronary condition, we recommend checking with your doctor before undertaking this tour. Take this Tour Dossier with you to your appointment to explain the altitude at which you will be travelling. Information on AMS can also be found at http://www.travelvax.com.au/resource_files/Travel-Tips---Altitude-Sickness.pdf

Country Profile: China

China's civilization is the oldest in the world and has a history dating back over 5,000 years. With 56 ethnic groups, 22 provinces and eight major dialects, China has a rich and varied culture and way of life. It is home to a wealth of tourist sights and cultural relics, which entice our guests to return repeatedly to this exciting destination.

Itinerary Changes

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

The following itinerary changes have been made to the 2017 itinerary to improve the flow and pace of sightseeing:

- 2 nights in Ya'an have been replaced with 2 nights at Mt Emei (Emeishan)
- Replaced a visit to the Bifengxia Panda Base and Bifengxia Gorge with visits to the Chengdu Research Base for Giant Panda Breeding

Joining Your Tour

The tour is 23 days in duration including international flights. Travellers booked on 'Land Only' arrangements should make their own way to the starting point. Join the tour on Day 2 in Guilin and end the tour on Day 22 in Chengdu. Please refer to your final itinerary for more specific meeting instructions pertaining to your departure.

Important Information Regarding Itinerary Changes and Flight Delays

Due to unforeseen circumstances, flights can be delayed, and therefore connecting flights may be missed. If you find yourself in this situation, please contact our China office on **+86 21 5888 5681** or **+86 159 0929 1082** (24 hours) to urgently advise your arrival details have changed. Please ensure you have your trip number, tour name (both included in your final documentation) and new arrival details (flight number and arrival time) handy to pass on to our local office in China. This will ensure your National Escort/Local Guide can be informed of your most up to date information and an arrival transfer will be arranged accordingly. We will endeavour to arrange a transfer as soon as possible however delays may occur.

If we are not advised of late changes and missed connections, Wendy Wu Tours cannot guarantee someone will be able to meet you upon arrival in China as our local office will have no way of knowing which flight you will be arriving on. Wendy Wu Tours will not be responsible for providing reimbursement of transportation costs from the airport to your hotel in the event that our local office was not advised of changes to arrival times.

Dreams of Nature Itinerary

DAYS 1 -2: AUSTRALIA TO GUILIN

Fly overnight to Guilin, one of southern China's most beautiful cities. On arrival in Guilin on day 2, 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 one hour to your hotel. A tour introduction will be held in the hotel either this evening or the next. Food and drinks will not be served at this meeting, it is simply an opportunity for your group to meet and learn more about travelling in China.

Meals included: None

Destination Information

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

DAY 3: GUILIN TO YANGSHUO

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 15-minute walk from the river. There are electric carts offered by private vendors, which can be organised at your own cost. There is an optional walk up Moon Hill this afternoon for spectacular views of Yangshuo. (at your own expense).

Meals included: Breakfast, Lunch and Dinner

Destination Information

Li River - Today you will pass tranquil farming and fishing scenes and picturesque villages as you cruise down the Li River. The main attraction is the stunning limestone karsts that tower above the river creating a magical landscape of mountains and water. The unique and natural beauty of this region has for centuries been an inspiration to Chinese artists and poets alike.

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 spots in China.

DAY 4: YANGSHUO

This morning take part in a traditional Tai Chi class learning the skills behind this ancient and spiritual exercise. Enjoy the rest of the day at leisure; there are many activities to take part in including cycling and rafting along the Yulong River (arranged locally and at additional costs). This evening there will be an optional Impression Liu Sanjie show to attend (at your own expense).

Meals included: Breakfast and Lunch

Destination Information

Tai chi - Originally developed as a martial art in 13th century China, tai chi combines deep breathing with slow movements and is now more commonly practiced as a health promoting exercise.

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DAY 5: YANGSHUO TO GUILIN

Return to Guilin by road, visiting the Reed Flute Caves en route, to admire the stunning colours of the stalagmites and stalactites. You will take a short walk through the caves, sometimes along damp paths and stairs. It usually takes about an hour to complete the route and it is very cool inside. This afternoon visit the South China Pearl Museum and enjoy the remainder of the day at leisure.

Meals included: Breakfast, Lunch and Dinner

Destination Information

Reed Flute Cave - 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.

South China Pearl Museum - Gain a fascinating insight into the pearling industry of southern China at the South China Pearl Museum, where you have the opportunity to purchase some of these elegant silver jewels.

DAY 6: GUILIN

Travel to the iconic Longji Rice Terraces and take a 2 to 3 hour walking tour around the traditional rural landscapes. There are several viewpoints boasting picture post card views of the extensive rice terraces. You will be provided with a packed lunch today. Later drive 2 hours back to Guilin for your overnight stay.

Meals included: Breakfast and Lunch

Destination Information

Longji Rice Terrace - Longji is home to some of the most famous and beautiful rice terraces in China. The name 'Longji' literally translates as 'Dragon's Backbone' and is named because the rice terraces resemble the scales on a dragon's back.

DAY 7: GUILIN TO ZHANGJIAJIE

This morning, board your bullet train for a 3 hour journey to Changsha, capital of Hunan Province. On arrival, continue your journey by road approximately 4 hours to Zhangjiajie.

Meals included: Breakfast, Lunch and Dinner

Destination Information

Zhangjiajie - A scenic area of over 3,000 sandstone pillars, rising from misty folds of subtropical forest and cloaked in vibrant green vegetation, Zhangjiajie's striking beauty is unforgettable.

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DAY 8: ZHANGJIAJIE

Today enjoy a full day of exploring in Zhangjiajie National Park. You will be walking for approximately 4 to 5 hours in the National Park. You will begin at the entrance to the scenic area and make your way around the karst scenery. Explore the colourful stalagmites and stalactites of the Huanglong Cave, the Huanglong Cave can be slippery in places so please be careful. Then head up the cable car to Huangshi Village, located 800 metres above ground, for stunning panoramas.

Meals included: Breakfast, Lunch and Dinner

Destination Information

Huanglong Cave - A karst cave stretching over 120 acres in area. Inside the cave, there are waterfalls, rivers, pools and lakes.

Huangshi Village - Huangshi Village is located up one of the karst peaks of Zhangjiajie and offers panoramic views over the stunning scenery of the National Park.

DAY 9: ZHANGJIAJIE

This morning, cruise for 1 to 2 hours on Lake Baofeng, a peaceful expanse of water amongst picturesque karst scenery. Cruise out on a sampan to enjoy water vistas and mountain and sandstone scenery; you will need to get on and off your small boat on Lake Baofeng. This afternoon, continue exploring Zhangjiajie for approximately 2 to 3 hours on foot.

Meals included: Breakfast, Lunch and Dinner

Destination Information

Lake Baofeng - Located up in the mountains, Lake Baofeng is an abundance of fresh water, accompanied by stunning waterfalls.

DAY 10: ZHANGJIAJIE - YICHANG TO YANGTZE RIVER CRUISE

Depart Zhangjiajie and travel by train (5 hours in duration) to Yichang. On arrival transfer 1 hour to the pier and board your Yangtze River Cruise ship, your home for the next 4 nights.

Meals included: Breakfast, Lunch and Dinner

Destination Information

Yangtze River - The Yangtze River is 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 south western Qinghai Tibet Plateau and runs into

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the ocean in Shanghai. It is estimated that the banks of this river are home to almost a third of China's population.

DAY 11: YANGTZE RIVER CRUISE

Visit the Three Gorges Dam, the largest hydroelectric dam in the world. Disembark the ship and drive approximately 20 minutes passing through the surrounding areas (the coach is not permitted to stop for photos) and will drop your group off at the viewing area above the ship locks to truly appreciate the scale of this hydroelectric project. There is a small museum and a lookout and the sightseeing will involve around one hour on foot. You will then continue upstream on your ship.

Meals included: Breakfast, Lunch and Dinner

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.

DAY 12: YANGTZE RIVER CRUISE

Prepare for breathtaking vistas as the ship passes through Wu and Qutang gorges. Switching to smaller vessels take a relaxing trip on the Goddess Stream or the Shennong Stream (which you visit is dependent on local conditions) cruising through the beautiful and narrow gorges. Many protected species make the stunning peaks their home, including monkeys, mountain goats, deer and wild boar.

Depending on local conditions you may travel along the Shennong Stream instead of the Goddess Stream.

Meals included: Breakfast, Lunch and Dinner

Destination Information

Goddess Stream - Goddess Stream, also known as 'Shennü Xi' in Chinese, flows from the southern bank of the Yangtze opposite Goddess Peak. Once just a stream, the Three Gorges Dam raised the water level to 70-100m in depth, depending on the season.

Shennong Stream - This crystal clear stream flows from north to south through stunning deep gorges finally

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merging with the Yangtze to the east of the mouth of Wu Gorge.

DAY 13: YANGTZE RIVER CRUISE

Today visit the Shibaozhai Temple or the Ghost City of Fengdu (which site you visit is dependent on local conditions). Also river conditions permitting, the other site may also be offered as an optional excursion at an additional cost payable locally.

Visit the Shibaozhai Temple, an 18th century architectural marvel. This small temple was built at the top of a nine-storey pavilion clinging to the sheer south bank near Qutang Gorge. Disembark from the ship to the dock close to the pavilion's entrance. Sightseeing here involves climbing the nine storeys inside the building.

OR

Visit Fengdu, known as the Ghost City and located on Ming Mountain. Fengdu is home to complexes of shrines, temples and monasteries dedicated to the Chinese belief of the afterlife. After disembarking from the boat, you will be taken in vehicles half way up the mountain and continue to the top on foot or by an open-air escalator.

Meals included: Breakfast, Lunch and Dinner

Destination Information

Shibaozhai - Shibaozhai is a nine-storey temple, named after the hill on which it stands. Dating back to the 18th century, the Shibaozhai temple was built during the Xianfeng Emperor's reign and is an example of Buddhist architecture. The temple is said to have been constructed without the use of nails.

Fengdu –The city's architecture combines the cultures of Taoism, Confucianism and Buddhism with the mysticism of ghosts. With history dating back for nearly two thousand years, the Ghost City became separated from the city of Fengdu due to the rising water level during the building of the Three Gorges Dam. Highlights include the Bridge of Helplessness, Ghost Torturing Pass and Tinzi Palace, all of which, according to Chinese belief, the dead must pass through and be tested before moving onto the next life.

DAY 14: YANGTZE RIVER CRUISE - CHONGQING TO JIUZHAIGOU (NINE VILLAGES VALLEY)

Check-out of your cabin early this morning and disembark in Chongqing. Transfer to the airport and fly 1 hour and 25 minutes to Jiuzhaigou (Nine Villages Valley). On arrival transfer 3 hours to the Nine Villages Valley National Park where you will find ragged peaks, sapphire Lakes, abundant

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forests and rushing Waterfalls. It is little wonder this National Park is considered one of China's most beautiful scenic areas.

Meals included: Breakfast and Dinner

Destination Information

Chongqing - Chongqing is a city perched on the steep hills overlooking the confluence of the Jialing and the Yangtze Rivers and is the chief industrial centre of south west China, producing approximately one fifth of Sichuan's industrial output. Chongqing has been reshaped by the Three Gorges Dam Project, which now allows larger sea-going vessels to sail all the way upriver to China's most famous waterfront mountain city.

Nine Villages Valley - Named after the nine typical Tibetan settlements scattered through the valley, the park is a World Biosphere Reserve, full of endemic flora and 140 species of birds. Whilst the scenery transfers with the seasons it is always spectacular and you will spend time in the depths of it, revelling in your arresting surroundings.

DAY 15: JIUZHAIGOU (NINE VILLAGES VALLEY)

Enjoy a full day exploring the diverse scenery of the splendid Nine Villages Valley, China's most awe-inspiring National Park. You will spend five to six hours walking over varying terrain today at Long Lake, Five Coloured Lake and Nuorilang Falls. Tonight enjoy a traditional meal of lamb cooked on skewers.

Meals included: Breakfast, Lunch and Dinner

DAY 16: JIUZHAIGOU (NINE VILLAGES VALLEY)

Explore one of Nine Villages Valley's Tibetan villages and visit a minority family to learn about local traditions and have a chance to try some Tibetan butter tea. This afternoon enjoy a walk past some of Nine Villages Valley's most beautiful waterways, Rhinoceros Lake passing Tiger Lake ending at Red Lake - dotted with prayer wheels and prayer flags.

Meals included: Breakfast, Lunch and Dinner

DAY 17: JIUZHAIGOU (NINE VILLAGES VALLEY) TO CHENGDU

Drive around four hours to the Huanglong Temple and Huanglong pools where you will find hundreds of vivid pools in striking colours, formed by thousands of years of mineral deposit, tumbling gently down through the bright green forests of the Huanglong Valley. There is an option to

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take a chairlift both up and down to allow more time for sightseeing at the top; the cost of this is at your own expense. We usually spend around two hours sightseeing here. This area is at an altitude of 3,500m. Drive one and half hours to the airport for your flight to Chengdu. The evening is at your leisure.

Meals included: Breakfast and Lunch

Destination Information

Huanglong - Within neighbouring distance of Nine Villages Valley is the equally alluring area of Huanglong. Huanglong which means 'Yellow Dragon' is renowned for its wide variety of colourful pools and natural ponds which are said to shimmer like a 'yellow dragon'. The colour of the pools is caused by calcium deposits in the water which bring out the strong greens, blues and yellows colours.

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 bringing 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 definite, a necessity, a must visit on any trip to China.

DAY 18: CHENGDU – LESHAN TO MT EMEI (EMEISHAN)

Travel two and a half hours south of Chengdu to Leshan, where you will see the world's largest stone-carved Buddhist monument, the Leshan Grand Buddha. On arrival at the Grand Buddha there is a 10 minute walk up to the entrance of the park. From here there are 250 steps to ascend and a similar amount to descend to the feet of the Buddha; a time of approximately two and a half hours. The steps are extremely steep and can be very slippery in wet weather. There are handrails but the utmost care is still required. You must be physically capable if you decide to take part. Once you have started the walk to the feet of the Buddha you are committed as the steps are very narrow and strictly one-way only. If you do not wish to do the walk up the steps, there are many other attractions to visit within the park including temples, pavilions and caves. You will also take a short boat ride in front of the statue to grasp the size of this structure. Continue one hour to Emeishan to check in for your two-night stay.

Meals Included: Breakfast, Lunch and Dinner

Destination Information

Leshan Grand Buddha - The Leshan Buddha was built in the 9th century under the direction of Haitong, a monk who felt the presence of Buddha would help calm the waters below so that shipping vessels could make their journey safely. Amazingly, once the structure was completed, the waters below did calm, some say due to the Buddha's presence, others to the large amount of rock removed in order to carve the Buddha, which resulted in a current change in the waters, the Buddha remains watching over the waters.

DAY 19: MT EMEI (EMEISHAN)

Spend a full day exploring spiritual Emeishan. There are many pathways to allow an exploration of the steep cliffs, lofty peaks and towering trees. Take the cable car up to the Golden Summit from Jieyin Temple. You will walk for approximately two and half hours from Wannian Temple to the Wuxian Gang Parking lot on uneven ground and climbing some steps. From here, you will be transferred back to your hotel in the evening. ***The weather here is very changeable and often wet so you will need a rain jacket.***

Meals included: Breakfast, Lunch and Dinner

Destination Information

Emeishan - One of the Four Sacred Buddhist Mountains of China, Emeishan is located in Sichuan Province and has been a UNESCO World Heritage Site since 1996. Emeishan is home to the first Buddhist temple to be built in China, dating back to the 1st century.

DAY 20: MT EMEI (EMEISHAN) – PINGLE TO CHENGDU

Depart this morning and drive 2 hours to the ancient town of Pingle, dating back to the Han Dynasty, taking a walk across the magnificent Jinji Rope Bridge for vistas of the bamboo forest below and exploring the maze of teahouse-lined streets before returning to Chengdu for your two night stay.

Meals included: Breakfast and Lunch

Pingle Ancient Town - Regarded as one of the best ancient towns in Sichuan Province, Pingle Ancient Town dates back to the Han Dynasty and was a stopping point on the legendary Silk Road.

DAY 21: CHENGDU

Today we will visit China's most famous resident, the Giant Panda. Visit 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 half hours on foot and there are electric carts offered by private vendors and can be organised at your own expense. Visit the Shu Brocade and Embroidery Museum and the People's Park to see the famous Matchmaker's Corner where parents look for suitable suitors for their children. For your farewell dinner tonight, dine on typical Sichuan cuisine.

Meals included: Breakfast and Dinner

Destination Information

Chengdu Research Base of Giant Panda Breeding - 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 also roam the park, making for an interesting mix.

Shu Brocade and Embroidery Museum - Brocade production has been an integral piece of Chinese history for over 2,000 years. At this museum, enjoy the opportunity to learn further how these richly decorative fabrics are created and take the opportunity to purchase a piece yourself.

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.

Sichuan Meal - Sichuan 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 kungpao chicken, twice-cooked pork and spicy Sichuan hotpot.

DAY 22: DEPART CHENGDU

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.

Meals included: Breakfast

Late check-out is not included in our China group tours. If you wish to book a late check-out for your final day in Chengdu, please contact our reservations department who can confirm additional pricing and make this arrangement for you, subject to availability at the hotel.

Due to flight schedules, Brisbane and Perth passengers may arrive home on Day 22.

DAY 23: ARRIVE AUSTRALIA

Arrive home today.

DREAMS OF NATURE TRAVEL INFORMATION

Visas

Entry visas are required by all visitors to China and Wendy Wu Tours' Visa Department can assist you with the process of obtaining a visa. We will supply you with all paperwork and submit the visa application on your behalf. Visas for China are valid for 90 days from the date of issue and allow you to stay in the country for up to 30 days. Please be advised that your passport must have at least 6 months validity left on it when you arrive back into Australia.

Visa application forms and all relevant documentation are due in our office 75 days prior to departure; if received after this date urgent visa processing fees will apply. Passports will be returned with your final documentation 2-3 weeks prior to your group tour's scheduled departure. If you require your passport to be returned earlier, a \$15 courier fee will apply.

Please note that if you intend to arrive more than 24 hours before your tour commences or intend to stay in China after your tour has ended and you are NOT staying in a hotel you will need to register with the local police station. If you are staying in a hotel, registration is done on your behalf as part of the check-in process.

Insurance

We strongly 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 originals.

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. Chinese dishes incorporate many spices and seasoning to create an explosion of flavours. Though Chinese cuisine can vary greatly from Chinese food we get in Australia, it is important to keep an open mind and be adventurous. Selected meals are included in our Discovery Tours, meals that are included (excluding drinks) are indicated in the below itinerary as Breakfast, Lunch and Dinner.

In Sichuan Province, the cuisine (known as Szechwan in the west) is distinguished by its use of ginger, chili and the 'Sichuan peppercorn' called fagara. Each meal will usually have some mild dishes for those who don't enjoy eating hot or spicy food, but please bear in mind that the majority of local specialty dishes will be hot. If your group finds there are not any mild dishes served, please inform your National Escort/Local Guide so that they may resolve the problem for the next meal.

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 Australia and China. All group tour hotels have private western bathroom facilities, air conditioning, TV and telephone. Plumbing and electricity supplies can be erratic and quite often the power in hotel rooms is turned off while guests are out of the room. If you experience any difficulty, please speak to your National Escort/Local Guide. Rest assured that all hotels used by Wendy Wu Tours are regularly inspected by our staff and our partners to ensure that standards meet your needs. Please note double bed requests can be made at time of booking but cannot be guaranteed.

Please note that the Chinese government has strict environmental regulations in regards to the use of air conditioning and heating during certain times of the year. Hotels are only permitted to turn air conditioning on in the summer months from mid-May to mid-October and heating is permitted to turn on from mid-November to mid-March.

Transport

Coaches: Coaches with air conditioning are used on our group tours for city sightseeing, short excursions to the countryside and longer transfers where necessary. Main and inner city roads in China have a reputation for being very congested. For this reason, it may not always be possible to return to your hotel after sightseeing to freshen up before going to the restaurant for dinner. Roads in China have generally been 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 one or two kilometres as you may be used to. For this reason, the durations listed in the sections below are approximations only.

Please note that seatbelts are not compulsory by law in China and therefore the Chinese people largely choose not to wear them. For this reason some vehicles may not be fitted with seatbelts or they may be hidden underneath protective seat covers. It is recommended that where seatbelts are available customers must use them and remain seated at all times while the vehicle is moving. If you have any concerns, please notify your National Escort/Local Guides.

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

Cruise ships: On this tour you will take a four night cruise up the Yangtze River. Your cabin on your Yangtze River cruise ship will have a private bathroom and balcony. Please note that the cruise ship and all shore excursions arranged by the cruise are on a shared basis.

Bullet Trains: On this tour, you will take a bullet train from Guilin to Changsha. You will travel in second-class soft seat class with air conditioning. *On high speed trains, the train companies have implemented a policy which does not allow passengers to carry inflammable liquids including aerosols, styling gel, compressed air or insecticides; any explosives, magnetised material, 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).*

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 Australia. It is important that our guests travel to China with an open mind and a sense of humour. All of our suppliers meet local safety standards as a minimum. We want you to have an enjoyable holiday so we ask that you take care, use your common sense, refer to notices and follow advice from your National Escort/Local Guide.

Chinese Public Holidays

If you are travelling within the below Chinese Public Holidays please note that celebrations last for several days and during these times some businesses will be closed and coach, air and train travel may be affected. Tourist attractions will be open, but may be crowded. Chinese New Year is on 28th January 2017 and 16th February 2018. Golden Week public holidays fall annually between 1-3 May and 1-7 October.

Souvenirs

We want to be able to give you an opportunity to buy souvenirs; so in each city, we will visit a museum or exhibition, which demonstrates a craft or product unique to that region with pieces available to buy. We understand that souvenir hunting is not for everyone so we aim to take you to places, which hold local interest; for example, at the Nine Villages Valley you will be able to visit a Tibetan Workshop; and in Chengdu we will take you to the Shu Brocade Museum to watch how these intricate works of art are created! We trust you will enjoy these opportunities to learn about local arts and crafts and understand their historical and cultural importance.

Group Size

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

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

Tipping Policy

Tipping while on holiday is a firm and expected element in the tourism industry and China is no exception. To remove the uncertainty and stress of not knowing how much is appropriate to tip or to whom, Wendy Wu Tours operates a tipping policy for our group tours where a nominated tipping amount is paid upon commencement of the programme by each tour member. This amount is stated in all group pricing, however it is not collected in your final payment received by Wendy Wu Tours.

This nominated tipping amount is to be given to your National Escort at the beginning of your tour, who will then distribute it amongst your main service providers – guides, drivers and attendants – on your behalf during the tour. Any other tipping, such as tips for bathroom attendants or hotel porters that are taking luggage to your room, is at your discretion based on satisfaction of services received, as are gratuities for additional requested special services.

Yangtze River Cruise operators have introduced a compulsory service levy, which is to be paid immediately upon boarding the cruise vessel. For the purposes of your overall cost, this has been calculated into your AUD/RMB tipping amount as reflected on your invoice.

The tipping amount is determined based on the total number of passengers travelling in the group. 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. The final

Packing List and Climate

tipping amount will be outlined in your final documentation, which is distributed 2 weeks prior to your tours departure.

You will find a complete packing list and a helpful climate chart in the 'Suggested Packing List', which will be included in the pre-departure information link sent within your deposit documentation. Seasonal weather patterns can be quite unpredictable. Up to the minute information on worldwide weather can be found on www.weather.com.

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 5kgs. It is essential that your luggage is lockable. Please note that Chinese authorities will only allow bottles onto the aircraft if they have been checked in as main baggage. Bottles in hand luggage may be confiscated.

Exchanging Cash

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 such as Australian Dollars 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.

Personal Expenses & Optional Tours

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. Based on the advice of previous customers an approximate amount of AUD\$270 per week should be sufficient; however for those that can't resist a bargain or may wish to participate in all of the optional excursions, consider allocating a higher amount.

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. In your Final Documentation an Optional Excursion Sheet will be included outlining the activities available in each city and local cost associated. 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.

Vaccinations and Your Health

We recommend that you contact either your GP or Travelvax (1300 360 164) for advice on vaccinations and travel health. Travelvax has a comprehensive website that you may also find useful www.travelvax.com.au.

Before You Leave

We strongly recommend registering your travel plans with www.smartraveller.gov.au as in the event of an emergency, Australian Consular assistance will be more readily available. You can also access the Australian Government's travel advisory service for up to date information about your destination on the same website.

After Your booking

Once you have booked with Wendy Wu Tours, you will receive a confirmation invoice with deposit documentation via email. This includes important information and links to access the visa application form and instructions sheet online (if applicable). Your final documentation pack will be sent to you approximately 2 weeks prior to departure.

Updated: 26 June 2017

Travelling on an Active Paced Tour

We hope you are looking forward to what we are sure will be a trip of a lifetime. Before you embark on this adventure, we ask you to consider the points listed below that relate to our active paced tours. This will ensure you understand what is involved with an active paced tour and therefore help you decide if your chosen tour is right for you.

This is to ensure that your tour runs as smoothly as possible for you and your fellow tour members.

Please consider the following aspects of active paced tours prior to confirming your arrangements;

- While we believe that age is no barrier, please give special consideration to the fact that medical assistance and public infrastructure can be limited in these areas.
- There will be long periods of physical activity, including walking, climbing of stairs, in/out of boats. Tour participants who will travel with a cane/walking stick may come across difficulties. It is our experience that using a cane/walking stick in these areas where there are rough and uneven surfaces, stairs to climb and high altitudes, becomes difficult.
- Only limited meal options will be available. People with special dietary requirements should expect difficulties on these tours. Please understand that depending on the trip you are taking, you may be given very little or no meat.
- Your tour may include basic accommodation facilities including home stays, guest houses, truck stops and tented accommodation. This may mean, no or limited hot water, and no private bathroom facilities.
- There will be long periods of driving on often unsealed, rural and bumpy roads in vehicles ranging from tour coaches to local jeeps and canter vehicles.
- Altitude affects people in many different ways and a certain level of fitness is required in order to limit the effects. Please discuss how to manage altitude sickness with a health care professional.
- Overnight trains only have basic bedding in four berth compartments with limited or no ladder facilities to climb to the top bunk. You may be sharing with other tour members or locals.
- Some tours may have sightseeing en route to the next destination. Therefore participation is required or you will need to remain with the coach until the rest of the group has finished touring.

National Escorts/ Local Guides will endeavor to provide rest stops in your itinerary where possible. Please be advised that some days may have a more physical programme than others.

If you are comfortable with the above mentioned aspects of travelling on an active paced tour, we look forward to welcoming you on what is sure to be a unique and memorable experience.

However, if you have any hesitations please contact your valued travel agent or our reservations department to discuss the tour further or explore alternative options.