



Dreams of Nature Dossier

Immerse Yourself Tour | 23 Days | Active

Guilin – Yangshuo – Zhangjiajie - Yangtze River Cruise - Wulong – Emeishan - Chengdu

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

TOUR HIGHLIGHTS:

- Cruise peacefully on the Li
- Lose yourself amongst the pinnacles of Zhangjiajie
- Four nights on the Yangtze
- Explore Wulong
- Visit Pandas in Chengdu



Dreams of Nature tour inclusions

- Return international flights, taxes and current fuel surcharges (unless a land only option is selected)
- All accommodation
- Meals as stated on itinerary
- All sightseeing and entrance fees
- All transportation and transfers
- English-speaking National Escort (If your group is 10 or more passengers)

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

Immerse Yourself

Designed for those who wish to be further immersed in the authentic charm of Asia; our Immerse Yourself 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 Immerse Yourself tours include:

- Cycling and 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.

- There will be long periods of walking whilst sightseeing, often on steep or un even ground
- You will be required to get on and off the boat in Leshan and on Lake Baofeng without assistance
- You will be walking down several hundred steps at Longshuixia Fissures

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. 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 civilisation 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 again and again to this exciting destination.

Joining Your Tour

The tour is 23 days in duration including international flights.

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 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.

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 maintaining the integrity of your trip.

- Due to an earthquake in the Sichuan Province on the 8th August 2017 and subsequent landslides, regrettably Nine Villages Valley (Jiuzhaigou National Park) is closed to visitors in 2018 due to slower than expected rebuilding on infrastructure in the region.
- The Forbidden City is closed on Mondays, due to maintenance. If it is not open on the day our group is due to visit, Beijing touring will be rearranged by your National Escort/Local Guide accordingly.
- Yangtze River. Please note that all sections of the itinerary for the Yangtze River Cruise are especially subject to change. The movement of each vessel along the Yangtze is regulated by the Government's Yangtze River Authority (YRA). The river's rapid flow, the narrowness of the gorges and the recent increase in numbers of passengers means that the timetables are under some pressure. The YRA allocates times for access to mooring points, embarkation and disembarkation at docks and passage through the gorges. This means that the captain of each cruise ship is unable to confirm a final itinerary until shortly before departure (usually 24 hours prior). This can affect both the time and location where you embark and disembark your cruise ship. Your National Escort/Local Guide will explain any such changes to you as soon as they are informed by the cruise operator.

Changes for 2018:

- In Zhangjiajie, a visit to Huangshi village has been removed as this village has been closed to visitors. As an alternative, your itinerary will visit Jinbian Stream and Ten-Mile Natural Gallery.

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** (outside China) or **21 5888 5681 or 159 0929 1082** (within China) 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 ensure someone is at the airport to meet you on arrival.

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 time.

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 two, 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 to your hotel. The rest of the day is at leisure. 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.

Destination Information

Guilin – Guilin is one of China's most stunning and panoramic cities and was founded during the reign of the Qin Dynasty. It is renowned for the unique karst mountain beauty that encloses the city. Guilin developed as a trading town due to the building of the Ling Canal which links the important Pearl and Yangtze River systems.

DAYS 3: GUILIN TO YANGSHUO

Take a relaxed four hour cruise along the Li River to the charming village of Yangshuo where you will spend two 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 one 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. Take a walk in the idyllic countryside of Yangshuo this afternoon. There is also an optional hike to Moon Hill paid locally, which offers beautiful views.

Meals Included: Breakfast, Lunch and Dinner

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 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 optional activities to take part in, including walking, cycling and bamboo river rafting (arranged locally and at extra cost). In the evening, you have the option of enjoying the magical 'Liu Sanjie' show paid locally.

Meals Included: Breakfast, Lunch

DAY 5: YANGSHUO TO GUILIN

Return to Guilin by road, a drive of around one and a half hours. Spend the afternoon exploring the Reed Flute Caves, admiring 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 one hour to complete the route and it is very cool inside. Later, visit the Pearl Museum and learn about the South China pearling industry.

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: LONGJI RICE TERRACES

Travel to the iconic Longji Rice Terraces and head out for a two to three hour walk through the traditional rural landscapes. There are several viewpoints boasting picture-postcard views of the extensive rice terraces. You will be

provided with a packed lunch today. Later, drive two hours back to Guilin and spend the remainder of the day at leisure.

Meals Included: Breakfast, 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 called so because the rice terraces resemble the scales on a dragon's back.

DAY 7: GUILIN TO ZHANGJIAJIE

This morning, take the bullet train for three and a half hours to Changsha and continue your journey by road for approximately four 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.

DAY 8: ZHANGJIAJIE

Today, enjoy a full day of exploring in Zhangjiajie National Park. You will start at the entrance to the national park 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). Head to the Jinbian Stream and Ten-Mile Natural Gallery, where you can take the two-way sightseeing train. You will be walking for approximately four to five hours in the National Park today.

Meals Included: Breakfast, Lunch and Dinner

Destination Information

Huanglong Cave – The Huanglong Cave is a karst cave stretching over 120 acres in area. Inside the cave there are waterfalls, rivers, pools and lakes.

Jinbian Stream – Called Golden Whip Stream after the 380m high Golden Whip Rock, Jinbian Stream is famous for its pristine water, lush mountains, steep cliffs and serene valley. Exotic plants and rare animals co-exist, and the valley in which it lies is known as one of the most beautiful valleys in the world.

Ten-Mile Natural Gallery – Ten Mile Natural Gallery is a 5.8km long valley with picturesque scenery. Peaks on both sides of the valley form natural sculptures – like a natural art gallery.

DAY 9: ZHANGJIAJIE

This morning, cruise one to two hours on Lake Baofeng, a peaceful expanse of water amongst picturesque karst scenery. Cruise out on a sampan to enjoy water vistas and mountain scenery (you will need to get on and off your small boat on Lake Baofeng). This afternoon, continue exploring Zhangjiajie for approximately two to three hours on foot, seeing Yuanjiajie Avatar Mountain (take the Bailong elevator up) and Emperor Mountain (take the cable car down).

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 – YANGTZE RIVER CRUISE

Depart Zhangjiajie this morning and board your train, five hours in duration to Yichang. On arrival, transfer one hour to your Yangtze River Cruise ship, home for the next four nights.

Meals Included: Breakfast, Lunch and Dinner

Please note: 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.

Further note: 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 dollars per person however, this amount can vary and for security reasons, it is not always possible to disembark at all ports of call.

You may be offered cabin upgrades locally and payable direct to the cruise company, which may include some of the amenity package services. The amenity package benefits start on the second day of the cruise.

Destination Information

Yangtze River – One of the world's great and legendary waterways, this 6,300km river has its origins high up in the snow-covered mountains 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 11: YANGTZE RIVER CRUISE

Visit the Three Gorges Dam, the largest hydroelectric dam in the world. Disembark the ship and drive approximately 20 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 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 breath-taking vistas as the ship passes through Wu and Qutang gorges. Switching to smaller vessels, take a relaxing trip on the Shennong Stream or the Goddess Stream (which one 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.

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.

Shennong Stream – This crystal-clear stream flows from north to south through stunning deep gorges, finally merging with the Yangtze to the east of the mouth of Wu Gorge.

DAY 13: YANGTZE RIVER CRUISE

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 and you will be off ship for two hours.

Depending on local conditions of the river and the cruise programme, you may visit Jade Emperor Scenic Area near Fengdu or the Shibaozhai Temple.

Meals Included: Breakfast, Lunch and Dinner

Destination Information

Shibaozhai Temple – Shibaozhai Temple is a nine-storey temple, named after the hill on which it stands. Dating back to the 18th century, it 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.

DAY 14: YANGTZE RIVER CRUISE - CHONGQING TO HEISHAN VALLEY

Check-out of your cabin early this morning and disembark in Chongqing. You will be transferred by coach to Wulong National Geology Park, a journey of approximately three hours, with a stop en route at Heishan (Black Mountain) Valley, a scenic area enveloped by mysterious fog that is home to deep valleys, lush green forests, majestic waterfalls, rivers and streams, caves, and wildlife. You will take time to explore the highlights of the valley before continuing to Wulong.

Walking today will be approximately two to three hours on some uneven and slippery terrain, which requires extra care whilst walking. It is strongly advised that you wear sturdy footwear with ankle support if needed.

Meals included: Breakfast, Lunch and Dinner

Destination Information

Heishan Valley – Also known as Black Mountain Valley or Wansheng Heishan Valley, this scenic area is home to abundant wildlife and natural wonders, covered in fog and mist that gives it an otherworldly atmosphere. Covering an area of 103sq kilometres with 97% forest coverage, the primitive natural ecological environment in the valley is well-preserved. Highlights include Carp River Gorge, Fish Leaping Gorge and Fish-Like Waterfall.

Wulong Karst National Geology Park – Part of the South China Karst and a UNESCO World Heritage Site, Wulong Karst National Geology Park is situated at the lower reaches of Wujiang River and is divided into three karst systems containing the Three Natural Bridges, the Houping Tiankeng (Houping Giant Doline) and Furong Cave. Its remote location has ensured that the park is relatively unspoilt and retains its original, natural features of karst landforms.

DAY 15: WULONG (Three Natural Bridges & Longshuixia)

This morning, you will visit Three Bridges National Park, a rare geological wonder consisting of three natural karst

bridges: Tianlong Bridge, Qinglong Bridge and Heilong Bridge. Continue to Longshuixia Fissure, a narrow fault line that has been carved out by the river. The gorge is 5km long and 500m deep. You will climb down several hundred steps, then travel further down by elevator before walking several hundred steps to the bottom of the gorge.

Walking today will be approximately four to five hours on some uneven and slippery terrain which require extra care whilst walking. It is strongly advised that you wear sturdy footwear with ankle support if needed.

Meals included: Breakfast, Lunch and Dinner

Destination Information

Three Bridges National Park – Situated in a 1.2km long gorge, the three bridges are natural karst stone arch bridges with an average height of 200m and an average span of 200m, making them the largest natural bridge cluster in Asia. Tianlong Bridge spans 450m and has two arches from north to south – the southern arch is also called Mihun Cave while the northern arch is a passage. Qinglong Bridge spans over 400m and Heilong Bridge has a deep long arch passage.

Longshuixia Fissures Gorge – Longshuixia Fissures is a stunning gorge with sheer cliffs, waterfalls and streams. At 5km in length, 500m in depth, and only a few metres in width in places, a journey through the gorge will be truly awe-inspiring.

DAY 16: WULONG AND FURONG CAVE TO CHONGQING

Today, you will explore Wulong Karst National Geology Park – an area of stunning natural scenery with towering limestone karsts, deep gorges caves and natural bridges. One of the highlights is Furong Cave, which is a karst cave located on the banks of Furong River. In the afternoon, travel three hours by coach to Chongqing.

Walking today will be approximately four to five hours on some uneven and slippery terrain which require extra care whilst walking. It is strongly advised that you wear sturdy footwear with ankle support if needed.

Meals included: Breakfast, Lunch 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.

DAY 17: CHONGQING TO CHENGDU

This morning, visit charming Ciqikou and stroll down the narrow streets to admire the historical and traditional architecture before meeting the loveable Giant Pandas at Chongqing Zoo's Panda House. Later, transfer by coach to

the vibrant city of Chengdu, a journey of approximately four and a half hours. The evening is at your leisure.

Meals included: Breakfast and Lunch

Destination Information

Ciqikou - Known colloquially as 'Little Chongqing' and the 'Porcelain Port', Ciqikou dates back to the Ming Dynasty and has maintained its original appearance. Lined with shops selling delicious snacks, Ming-style trinkets and Chinese curios, Ciqikou is a fun way to spend a morning and is a must-see in Chongqing.

Chongqing Zoo - Home to a variety of animals, the Panda House at the zoo is a great place for the introduction to China's iconic Giant Pandas.

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 TO EMEISHAN

Drive 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 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 below.

DAY 19: 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. ***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: EMEISHAN TO CHENGDU

Drive two hours to Pingle Ancient Town. Dating back to the Han Dynasty, Pingle was a stopping point on the Tea Horse Road. Take time to walk through its maze of teahouse-lined streets before seeing the forest from above on Jinji Suspended Rope Bridge. Drive back to Chengdu.

Meals Included: Breakfast, Lunch

Destination Information

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 legendary Silk Road.

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.

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 a half hours on foot and there are electric carts offered by private vendors that can be organised at your own cost. Visit the Shu Brocade and Embroidery Museum, as well as the People's Park to see the famous Matchmaker's Corner where parents look for suitable suitors for their children. In the evening, dine on a typical Sichuanese cuisine.

Meals Included: Breakfast, Dinner

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.

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.

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 and twice-cooked pork.

DAYS 22-23: CHENGDU TO AUSTRALIA

This morning is at your leisure before you are transferred to Chengdu airport to board your flight to Australia, arriving home the same or following day.

Meals Included: Breakfast

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 six months validity left on it when you arrive back into Australia.

Visa application forms and all relevant documentation are due in our office 60 days prior to departure; if received after this date urgent visa processing fees will apply. Passports will be returned with your final documentation four weeks prior to your group tour's scheduled departure. If you require your passport to be returned earlier, a \$15AUD 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

Insurance

hotel, registration is done on your behalf as part of the check-in process.

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. Meals shown on the above itinerary (excluding drinks) are included in our group tours.

Sichuan cuisine (or Szechwan as it is still known 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. Please note that long driving distances or flight times, for example, may delay/alter your mealtime.

Your itinerary has been carefully crafted to introduce you to a range of local dishes and we hope that you enjoy the culinary adventure ahead. When dining in China, although some restaurants have adopted a western approach to dining, expect some restaurants to follow the traditional communal style of eating. Typically, this will mean each diner has their own small bowl and may serve themselves from a variety of shared dishes. At some local restaurants, appetizers and main courses might be served when they are ready instead of following a particular order.

Determining when it's appropriate to use chopsticks, forks or spoons can be challenging for some travellers, even other Asians, as each country has different customs. In China, dishes are normally placed in the centre and people serve food for themselves with their own chopsticks and bowl. In parts of China, forks and spoons are used for most dishes and chopsticks are typically provided to eat noodles. Usually chopsticks or other utensils are provided to scoop the food into your bowl to prevent your own chopsticks from touching the food that remains on the table. Dining in China is fairly casual with not too many rules. Leaving food on the plate is not considered rude.

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 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 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

Transport

on from mid-November to mid-March.

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 timings 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.

Air: Internal flights are based on economy class, with reputable airlines. Pre-flight seat allocation is not available on international and internal flight sectors.

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 Holiday

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 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. 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

Local tipping is customary in Asia. However, this can often lead to awkwardness in knowing when it is appropriate to tip and how much, as well as ensuring you have a suitable amount of change available at the time. For your convenience, with years of experiences in providing the best customer service, Wendy Wu Tours operates a kitty system on our Group Tours so your National Escort will look after this aspect of your trip for you.

It also ensures that the amounts paid are reasonable for you but still fair for the local people. The amount is stated on each Group Tour page will be advised again on your final documentation. Tipping is paid in RMB (Chinese Yuan) or US Dollars (on selected tours) and will be collected by your National Escort on arrival and distributed throughout the tour on your behalf.

If you are taking a tour that includes a Yangtze River cruise, the total amount listed on the tour pages is collected in two parts: 1) RMB amount, paid to your National Escort on arrival, as above, and 2) A separate service levy in RMB to be paid upon boarding the cruise vessel.

Any additional tipping on any of our tours is welcomed at your discretion. Further guidance for tipping contributions will be outlined in your final documentation.

Packing List and Climate

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 and any flammable liquids in hand luggage will 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\$350 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 four weeks prior to departure.

Updated: 19th April 2018

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.