



Sichuan Explorer Tour Dossier

Discovery Tour | 15 Days | Active

Chengdu - Mt Emei - Mengdingshan - Dujiangyan - Nine Villages Valley -
Mao County

Sichuan contrasts markedly from the rest of China, with varying attitudes, cuisine and spectacular landscapes of forest and mountain. Richly endowed with natural and cultural wonders, touring this breath-taking province never fails to steal your breath away.

Tour Highlights:

- **Chengdu** - The Chengdu Research Base of Giant Panda Breeding
- **Mt. Emei** - UNSECO World Heritage Site and one of four sacred Buddhist mountains in China
- **Mengdingshan** - Explore tea plantations
- **Dujiangyan** - Visit Mt Qingcheng and meet a Taoist Priest and admire the splendid natural scenery
- **Nine Villages Valley** - 'Jiuzhaigou' Nature Reserve; breathtaking natural scenery
- **Mao County** - Experience how the ethnic minority group of the Qiang people live



Sichuan Explorer 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

'Sichuan Explorer' 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 at Mt Qingcheng have been replaced with 2 nights in Dujiangyan
- 2 nights in Ya'an have been replaced with 1 additional night in Chengdu and 1 night in Mengdingshan
- Replaced a visit to the Bifengxia Panda Base and Bifengxia Gorge with visits to Dujiangyan Panda Base and Dujiangyan Irrigation System

Joining Your Tour

The tour is 15 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 1 in Chengdu and end the tour on Day 14 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 endeavor 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.

Sichuan Explorer Itinerary

DAY 1: AUSTRALIA TO CHENGDU

Fly to Chengdu, the capital of Sichuan Province, for an overnight stay. On arrival into Chengdu you will be met in the arrival hall by your Local Guide and/or National Escort from Wendy Wu Tours. Together with all other group members who may be arriving at a similar time, you will transfer approximately 1 hour to your hotel. 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

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 2: CHENGDU TO EMEISHAN

Travel 2 hours and 30 minutes 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 2 hours and 30 minutes. 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 1 hour to Mt Emei (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 3: 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 2 hours and 30 minutes 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

Mt Emei (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 4: MT EMEI (EMEISHAN) TO MENGDIINGSHAN

Drive 2 hours to Mengdingshan, take a tour of the Mengdingshan Tea Plantation to learn about the entire tea making process and its fascinating history.

Meals Included: Breakfast, Lunch and Dinner

Destination Information

Mengdingshan - As one of the earliest tea growing areas in China, Mengdingshan is well known in tea communities. Tea has been drunk in China for millennia and has become ever more ingrained in the culture, influenced by the Taoist, Buddhist and Confucian views of its consumption. Quality tea is considered to be a gift fit for a king – it was once the tribute of choice for an emperor.

DAY 5: MENGDIINGSHAN TO CHENGDU

Depart this morning and drive one hour 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 one night stay.

Meals included: Breakfast, Lunch and Dinner

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.

DAY 6: CHENGDU TO DUJIANGYAN

Drive 2 hours today to the forested Sichuanese countryside north of Chengdu and visit Dujiangyan Panda Base that offers refuge to Giant Pandas with the ultimate aim to reintroduce them into the wild. The centre offers one of the most authentic, spacious and natural settings in the country to see the Giant Pandas. Later continue to the Dujiangyan Irrigation Project.

Meals included: Breakfast, Lunch and Dinner

Destination Information

Dujiangyan - Located 72km northwest of Chengdu and less than a 1-hour drive to Mt Qingcheng, Dujiangyan is well renowned for its Irrigation System and provides most of the water supply to Chengdu and neighbouring towns.

China Conservation and Research Center Dujiangyan Panda Base - Equipped with the latest technology and research materials to gain a further understanding in how

we can protect the panda and 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.

Dujiangyan Irrigation Project - One of the oldest projects of its kind in China – dating back to 256BC in the Qin Dynasty – the Dujiangyan Irrigation system is credited with making the area one of the most productive agricultural regions in China. The area is now a listed UNESCO World Heritage Site.

DAY 7: DUJIANGYAN

Drive approximately one and a half hours to spend a day exploring Mt Qingcheng. You will explore for approximately 3 to 4 hours here including meeting with a spiritual Taoist priest who will show you how to master Chinese paintings and calligraphy and teach you more about Taoism.

Meals included: Breakfast, Lunch and Dinner

Destination Information

Mt Qingcheng - Located 65km west of Chengdu, Mt Qingcheng is an important holy Taoist mountain. Home to a trove of temples, beautiful trails lined with sweet-scented fruit and spectacular views over the Sichuan countryside.

DAY 8: DUJIANGYAN TO NINE VILLAGES VALLEY

Drive approximately 8 hours and 30 minutes to the spectacular Nine Villages Valley a national park of ragged peaks, sapphire Lakes, abundant forests and rushing waterfalls, Nine Villages Valley (Jiuzhaigou) is considered one of China's most beautiful areas. The rest of your day is free at leisure.

Meals included: Breakfast, Lunch and Dinner

Destination Information

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 9: NINE VILLAGES VALLEY

Enjoy a full day exploring the diverse scenery of splendid Nine Villages Valley, China's most awe-inspiring National Park; including visits to Long Lake, Five Coloured Lake and Nuorilang Falls. You will spend 5 - 6 hours walking over varying terrain today.

Meals included: Breakfast, Lunch and Dinner

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DAY 10: NINE VILLAGES VALLEY

Today you will visit a Shuzheng Village, you also will visit a local Tibetan family for about 40 minutes to learn about local life and customs in Nine Villages Valley. Next, walk from Rhinoceros Lake, past Tiger Lake to Reed Lake. There will be rows of Tibetan watermills, prayer wheels and flags along the way. Walking today will be approximately 2 to 3 hours.

Meals included: Breakfast, Lunch and Dinner

DAY 11: NINE VILLAGES VALLEY TO MAO COUNTY

Drive approximately 4 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 take a chairlift up 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 2 hours sightseeing here. *Please note Huanglong is at an altitude of 3,600M. All passengers should rest and stay well hydrated to acclimatise to the higher altitude.*

Later drive approximately 4 hours and 30 minutes to Mao County for an overnight stay.

Meals included: Breakfast, Lunch and Dinner

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 liquids in strong greens, blues and yellows.

DAY 12: MAO COUNTY TO CHENGDU

Drive 1 hour and 30 minutes to the Taoping Qiang Village where you'll be joined by a local elder, who will talk through the history and culture of his people and whilst here you to visit a local family. Continue driving 3 hours and 30 minutes returning to Chengdu where the evening is at leisure.

Meals included: Breakfast and Lunch

Destination Information

Qiang Minority Village - Is the earliest maintained Qiang village in Sichuan. The Qiang people are one of the earliest

Call 1300 727 998 to speak to a Reservations Consultant

minority groups in China who migrated from northern China down into Sichuan. They are traditionally a farming minority group.

DAY 13: CHENGDU

Sightseeing today begins with a walk around People's Park, watch the locals dancing and join in if you like. Stop at a traditional Sichuan teahouse (tea will be at your own expense) before wandering the Wide and Narrow Alleys. You will also visit the Shu Brocade and Embroidery Museum. This evening, enjoy a delicious Sichuan hot pot dinner.

Meals included: Breakfast, Lunch and Dinner

Destination Information

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.

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.

DAY 14: 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 14.

DAY 15: ARRIVE AUSTRALIA

Arrive home today.

SICHUAN EXPLORER 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 timings listed in the sections below are approximations only.

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

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.

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, in Mao County 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/Local Guide 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.

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/Local Guide. The final tipping amount will be outlined in your final documentation, which is distributed 2 weeks prior to your tour departure.

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 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\$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 by 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: 03 May 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.