



## Sichuan Explorer Dossier

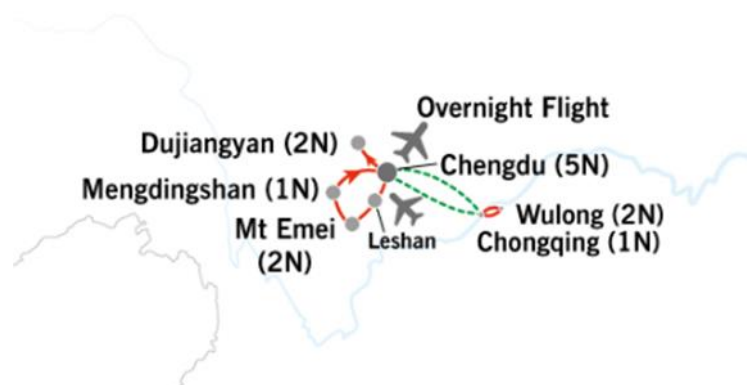
### Immerse Yourself Tour | 15 Days | Active

Chengdu – Emeishan – Mengdingshan – Dujiangyan - Wulong – Heishan - Chongqing

Sichuan differs 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 magnificent province never fails to steal your breath away.

#### TOUR HIGHLIGHTS

- Marvel at Leshan's Buddha
- Ascend Mt Emei
- Visit Pandas at Dujiangyan
- Spiritualise at Mt Qingcheng
- Explore Wulong



## Sichuan Explorer 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

‘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.

- 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 without assistance
- You will be at a higher altitude at Mt Emei

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. If you smoke, your doctor will generally 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](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 15 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 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.

## 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.

## 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.

## Sichuan Explorer Itinerary

### DAY 1: AUSTRALIA TO CHENGDU

Fly to Chengdu, the capital of Sichuan Province. On arrival in 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 one hour 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

**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 21<sup>st</sup> 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 2: CHENGDU TO EMEISHAN**

Travel around two 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 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 9<sup>th</sup> 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 3: EMEISHAN**

Spend a full day exploring spiritual Emeishan (Mount Emei). 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 and a half hours from Wannian Temple to the Wuxian Gang parking lot. From here you will be transferred back to your hotel in the evening.

*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 4: EMEISHAN TO MENGDIINGSHAN**

Drive two hours to Mengdingshan and 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**

Drive one hour 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 around one and a half hours back to Chengdu.

*Meals Included: Breakfast, Lunch and Dinner*

### **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.

## **DAY 6: CHENGDU TO DUJIANGYAN**

Drive two hours to visit one of the world's finest panda conservation centres and see the Giant Pandas. Located in the forested Sichuanese countryside north of Chengdu, Dujiangyan 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. Later, visit the Dujiangyan Irrigation System.

*Meals Included: Breakfast, Lunch and Dinner*

### **Destination Information**

**Dujiangyan** – Located 72km northwest of Chengdu, Dujiangyan is well renowned for its irrigation system which 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 spend three to four hours here, including meeting a Taoist priest at the Old Master Pavilion on the summit of Mt Qingcheng who will teach you more about Taoism. You will also be shown how to master the art of Chinese painting and calligraphy.

*Meals Included: Breakfast, Lunch and Dinner*

#### **Destination Information**

**Mt. Qingcheng** – Located 65km west of Chengdu, Mt Qingcheng is amongst the most important centres of Taoism in China. Home to a trove of temples, beautiful trails lined with sweet-scented fruit and spectacular views over the Sichuan countryside. The mountain became a UNESCO World Heritage site in 2000.

#### **DAY 8: DUJIANGYAN TO CHENGDU**

In the morning, drive back to Chengdu, a journey of approximately two hours. The rest of your day is free at leisure.

*Meals included: Breakfast, Lunch and Dinner*

#### **DAY 9: CHENGDU TO WULONG VIA CHONGQING**

This morning, travel to Chongqing by a two hour bullet train. On arrival, you will be transferred by coach on a three hour journey to Wulong Karst National Geology Park – an area of stunning natural scenery with towering limestone karsts, deep gorges, caves and natural bridges

*Meals included: Breakfast, Lunch and Dinner*

#### **Destination Information**

**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 10: WULONG (Three 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 11: WULONG TO CHONGQING**

This morning, you will make the three hour journey back to Chongqing. En route, you will visit 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 Chongqing.

*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, and covered in fog and mist that gives it an other-worldly 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.

**Chongqing** – Chongqing is the largest municipality in southwest China and a modern port city situated at the confluence of Yangtze and Jialing River. Its location on the upper reaches of the Yangtze River means it is popular as the starting point for downstream cruises on Yangtze River. Also known as the ‘Mountain City’, Chongqing has seen rapid economic development in recent years.

#### **DAY 12: CHONGQING TO CHENGDU**

This morning, visit charming Ciqikou and Erlin Gardens before learning about Joseph W. Stilwell, an American general who was posted to Chongqing during World War II, at General Stilwell Museum. Later, take the bullet train to Chengdu, a journey of approximately 2 hours.

*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..

**General Stilwell Museum** – The museum was founded in memory of General Joseph W. Stilwell, an American who fought alongside the Chinese during World War II. The Main building of the museum is his former residence and articles on display include uniforms, manuscripts, household utensils and several military cars.

#### **DAY 13: CHENGDU**

Take a walk around People’s Park, watch the local Square 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 Sichuanese 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.

#### **DAYS 14-15: 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*

## **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 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 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. Meals stated on the above itinerary (excluding drinks) are included in our group tours from the groups' arrival until the groups' day of departure.

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 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.

*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.



## 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 16<sup>th</sup> 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.

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](http://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 person 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](http://www.travelvax.com.au)

## Before You Leave

We strongly recommend registering your travel plans with [www.smartraveller.gov.au](http://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: 9<sup>th</sup> February 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.