



## Yunnan Adventure Dossier

### Immerse Yourself Tour | 17 Days | Active

Kunming - Dali - Lijiang - Zhongdian - Jianshui - Yuanyang

The most wonderfully complex of all China's provinces, Yunnan boasts a rich diversity of people and landscapes. Explore verdant forest and dramatic mountains, archaeological sites and encounter indigenous cultures on this varied adventure

#### TOUR HIGHLIGHTS:

- Meet the Bai people
- Meditate on Weibaoshan
- Meet a Shaman master
- Admire Tiger Leaping Gorge
- Find the past in Jianshui
- Hike Yuanyang's Terraces



## Yunnan Adventure 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

'Yunnan Adventure' 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 uneven ground.
- You will be at a higher altitude in Jade Dragon Snow Mountain and in Zhongdian. All passengers should rest and stay well hydrated to acclimatise to the higher altitude.

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. Jade Dragon Snow Mountain near Lijiang. Sightseeing is at Yunshaping (Cloud Fir Meadow) which has an altitude of approximately 4,500m. Please note that the town of Lijiang, where you will be staying overnight is not at high altitude.
2. The town of Zhongdian has an altitude of 3,200m.

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.

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](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 17 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 Kunming and end the tour on Day 16 in Kunming. 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.

## 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.

## Yunnan Adventure Itinerary

### DAYS 1-2: AUSTRALIA TO KUNMING

Fly overnight to Kunming, the capital of Yunnan Province. On arrival in Kunming, 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

**Kunming** – Nicknamed China's 'Spring City' due to its temperate weather, Kunming is the capital of Yunnan Province. Kunming has long played an important role as a

trading city due to its significant location on the borders of Southeast Asia.

### DAY 3: KUNMING

This morning, drive one and a half hours to the Stone Forest. Spend the morning exploring the unusual limestone rock formations of the Kunming Stone Forest, which involves around two hours on foot along cobblestone paths. Return to Kunming for an afternoon at leisure. Dine this evening on the delicious local delicacy, Across the Bridge Noodles.

*Meals Included: Breakfast, Lunch and Dinner*

#### Destination Information

**Kunming Stone Forest** – Located 120km south east of Kunming, the Stone Forest consists of thousands of narrow, fantastically shaped pillars of rock, scattered over an area

of more than 80 hectares. The park is designed so that you can follow a walkway through the formations of water pools and grey pinnacles, the tallest of which is over 30m high.

**Across the Bridge Noodles** – A type of rice noodle soup from Yunnan Province served in a broth style. Usually accompanied by meat, bean curd and vegetables, this is a truly therapeutic dish.

#### **DAY 4: KUNMING TO DALI**

Drive approximately four hours to the pretty city of Dali. In Dali, enjoy some light sightseeing around Dali's Old Quarter and the symmetrical Three Pagodas.

*Meals Included: Breakfast, Lunch*

##### **Destination Information**

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

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

#### **DAY 5: DALI**

Visit Mount Weibao (Weibaoshan), one of China's fourteen sacred Taoist mountains. Steeped in legend, the mountain features 20 Taoist temples nestled on its forested slopes. Enjoy a three hour walk to a handful of these intricately decorated temples, stopping at Qinxia Temple where you will be met by a Taoist priest for a relaxing 40 minute meditation session. Return to Dali and visit the Golden Flower Tie Dye Shop.

*Meals Included: Breakfast, Lunch*

##### **Destination Information**

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

#### **DAY 6: DALI TO LIJIANG**

Drive two hours to Shaxi, a former ancient market town on the famous Tea Horse Road, and enjoy some easy sightseeing around the old town. Continue driving one hour to the quaint town of Lijiang where you will have free time

to explore the Old Quarter. There are many dining opportunities in this area.

*Meals Included: Breakfast, Lunch*

##### **Destination Information**

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

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

#### **DAY 7: LIJIANG**

A magnificent mountain, the Jade Dragon Snow Mountain comprise several peaks, the tallest of which is 5,500m. Today, you will explore one of the beautiful high meadows and enjoy the amazing vistas. To avoid the large crowds of people queuing at the same time, the local government's tourist authority allocates times to each group. The bus will drive to the base of the mountain, from where you will take a 10-minute chairlift to Yunshaping (Cloud Fir Meadow) at an altitude of approximately 4,500m. From the chairlift, there is a wooden pathway to the meadow, which takes approximately one hour to walk. Descend by chairlift and re-board the bus. Visit Baisha Naxi Village and meet a Shaman Dongba who will demonstrate how to write ancient Dongba characters, before you attempt this quirky art form yourself. Sample traditional Naxi cuisine and visit the Mu Family Embroidery.

*Meals Included: Breakfast, Lunch and Dinner*

*Please note, this section of the itinerary is subject to change at late notice. Your local guide will keep you informed of any changes as they are made aware of them. Jade Dragon Snow Mountain is at an altitude of 4,500M. All passengers should stay well hydrated to acclimatise to the higher altitude.*

##### **Destination Information**

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

**Baisha Old Town and Frescoes** – Once the capital of the Naxi minority group, the Baisha Old Town is home to typical Naxi architecture and a great place to see the Naxi people

going about their daily lives. The Baisha Frescoes date back to the early Ming Dynasty and are made up of 44 pieces. Most of the paintings depict religious stories from Taoism and Buddhism.

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

### **DAY 8: LIJIANG TO ZHONGDIAN**

Start the day with a visit to the picturesque Black Dragon Pool where you can enjoy spectacular vistas of the Jade Dragon Snow Mountain. Drive approximately two hours to Tiger Leaping Gorge. Over 3,000 metres deep and with a backdrop of snow-capped mountains, it is one of China's most extraordinary sights. The whole area is spectacular – prepare for breathtaking views. The bus will drop you off at the southern end of a walkway which follows the gorge as far as the upper rapids. It is a newly constructed, even walkway. There are sedan chairs offered by local vendors, which can be organised at your own cost. Lunch today will be a simple meal as the choice of restaurants in this area is limited. Continue another two and a half hours on to the Tibetan monastery town of Zhongdian, also known as Shangri-La.

*Meals Included: Breakfast, Lunch and Dinner*

#### **Destination Information**

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

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

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

### **DAY 9: ZHONGDIAN**

Today, visit the Songzanlin Monastery, one of the most significant centres of Tibetan Buddhism outside of Tibet. There are steep steps to climb at the monastery. From here

walk two to three hours to Napahai Grassland, enjoying the stunning countryside and a packed lunch. In the rainy season the grasslands becomes a lake, and this ever-changing area is popular with birdwatchers and nature lovers alike. Later, visit a Tibetan-style village where you will learn how to make Tibetan Butter Tea. Tonight, feast on a traditional home-cooked Tibetan-style family dinner.

*Meals Included: Breakfast, Lunch and Dinner*

#### **Destination Information**

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

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

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

### **DAY 10: ZHONGDIAN**

Take a walk through Zhongdian Old Town. In January 2014, two thirds of the old town was burnt down in a tragic fire. Fortunately, the remaining one third of the town is still intact. Visit Dafo temple before enjoying an afternoon at leisure.

*Meals Included: Breakfast, Lunch*

#### **Destination Information**

**Zhongdian Old Town** – Though unfortunately two thirds of the town was burnt down in January 2014, the remaining section has managed to maintain its original quaint charm which makes Zhongdian so alluring. See the perfect blend of Tibetan and Han cultures, architecture and people in this charming little town.

### **DAY 11: ZHONGDIAN TO KUNMING**

Fly one hour to Kunming and transfer to your hotel to check in. The rest of the day is free to explore independently.

*Meals Included: Breakfast*

### **DAY 12: KUNMING TO JIANSUI**

Travel approximately two hours to Tonghai and visit the unique Xingmeng Mongolian village, where the residents wear traditional costumes and keep old traditions alive. Here there will be around two hours sightseeing on foot.

After a stroll around Tonghai market, continue one and a half hours to the antiquated town of Jianshui for an overnight stay. Visit the Confucius Temple, one of the largest in China.

*Meals Included: Breakfast, Lunch and Dinner*

#### **Destination Information**

**Jianshui** – With a history over 1,200 years, Jianshui has retained a traditional appearance and traditional way of life. Its style dates back to the Ming Dynasty with an intact city wall and gate tower.

#### **DAY 13: JIANSHUI TO YUANYANG**

This morning, visit the Zhang Garden before travelling three and a half hours further south to Yuanyang where you can explore the bustling market, full of fresh produce and locals in traditional, colourful costume.

*Meals Included: Breakfast, Lunch and Dinner*

#### **Destination Information**

**Yuanyang** – Yuanyang is well known for its rice terraces, a beautiful intricate patchwork of different coloured rice fields.

#### **DAY 14: YUANYANG**

This morning, take an easy hike around the rice terraces, admiring the spectacular natural beauty. You will hike for around three hours on cobbled streets, visiting Hani ethnic villages such as Qingkou and Bada on your way. At some points, the path will be at a steep incline or decline. This evening, dine on a mix of Han and Hani cuisine.

*Meals Included: Breakfast, Lunch and Dinner*

#### **DAY 15: YUANGYANG TO KUNMING**

Drive approximately six and a half hours back to Kunming, stopping at Lendun Village Market on the way, where there will be some light sightseeing and opportunity to shop.

*Meals Included: Breakfast, Lunch and Dinner*

#### **DAYS 16-17: KUNMING TO AUSTRALIA**

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

*Meals Included: Breakfast*

### **YUNNAN ADVENTURE 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 shown on the above itinerary (excluding drinks) are included in our group tours.

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. Please note that double bedding can be requested but not guaranteed.

### 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: 28<sup>th</sup> November 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.