CHINA & TIBET DISCOVERY

Classic | 16 Days | Physical Level 2

Beijing – Xian – Lhasa – Chengdu – Yangtze River Cruise – Shanghai

Journey to the roof of the world to the incredible city of Lhasa whilst enjoying the very best cultural, historical and natural treasures that China has to offer – from the Great Wall and Terracotta Army to the Yangtze River.

- Discover imperial Beijing
- Experience the spectacular Terracotta Warriors
- Reach the top of the world in mystical Tibet
- See the loveable pandas
- Take a three night cruise along the Yangtze River
- Marvel at Shanghai's bright lights on a Huangpu River cruise

TOUR MAP

CHINA & TIBET DISCOVERY TOUR INCLUSIONS:

- Return international economy flights, taxes and current fuel surcharges (unless a land only option is selected)
- All accommodation
- All meals
- All sightseeing and entrance fees
- All transportation and transfers
- English speaking National Escorts (if your group is 10 or more passengers) and Local Guides
- Tibetan entry permit
- Specialist advice from our experienced travel consultants
- Comprehensive travel guides

The only thing you may have to pay for are personal expenditure e.g. drinks, optional excursions or shows, insurance of any kind, customary tipping, early check in or late check out and other items not specified on the itinerary.

CLASSIC TOURS:

These tours are designed for those who wish to see the iconic sites and magnificent treasures of China on an excellent value group tour whilst travelling with like-minded people. The tours are on a fully-inclusive basis so you'll travel with the assurance that all your arrangements are taken care of. You will be accompanied by our dedicated and professional National Escorts and local guides, whose unparalleled knowledge will turn your holiday into an unforgettable experience.

PHYSICAL LEVEL 2:

All our tours feature a physical rating to help you select the right holiday for you. To travel on any of our tours requires unaided mobility and the ability to stroll around the sights.

'China & Tibet Discovery' is rated as a **physical level 2** tour. A moderate level of fitness is required. You will be on your feet for most of the day, with longer walks that include ascents and descents on steps or uneven paths. Travelling conditions may be more challenging in some areas.

- On the Great Wall of China in Beijing some of the walking will be at an incline
- On the Yangtze River Cruise, as well as on any shore excursions, you will be required to get on and off the boats without assistance
- You will be reaching high altitude at a maximum of 4,000m in Lhasa, Tibet
- At the Potala Palace in Lhasa, there are over 1,000 steps and dim lighting inside the palace

This tour has been carefully designed to minimise the effects of Altitude Sickness as we gain altitude steadily over a number of days as we ascend from Xian to Lhasa. Please be prepared for mild symptoms of Altitude Mountain Sickness (AMS) which include dizziness, fatigue, nausea, loss of appetite, breathlessness, headache and disturbed sleep. 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. The following precautions may help to prevent or lessen the effects of AMS:

- Since fluid loss usually accompanies the acclimatisation process, drink plenty of fluids (3 - 4 litres daily at least) and eat carbohydrate food to keep the body properly hydrated
- Do not over exert and only partake in light activity immediate after your arrival
- Do not smoke, drink alcohol or take other depressants such as tranquilisers and sleeping pills, as these depress the respiratory drive and reduce oxygen intake.
- Assume any sickness at high altitude is AMS until proven otherwise
- Never ascend to higher altitudes while showing symptoms of AMS
- You must report any symptoms of AMS immediately to your National Guide

Of course, 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.

JOINING YOUR TOUR:

The tour is 16 days in duration including international flights. Join the tour on Day 1 in Beijing and end the tour on Day 15 in Shanghai.

Travellers booked on a 'Land Only' package, the price includes your arrival/departure airport transfers if arriving/departing on the start and conclusion date of your tour. Please advise your international flight times to our reservations team.

DETAILED ITINERARY

Day 1: Fly to Beijing Meals: D

On arrival in Beijing Daxing or Beijing Capital Airport, 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.

Early check-in is not included. Additional nights' before and after your tour can be arranged. Please contact our Reservations team to book.

An informal Welcome Dinner will be held on Day 1. Late arrivals will receive a box dinner.

Destination Information

Beijing – The capital of the People's Republic of China, with its unequalled wealth of history, Beijing served as the centre for the many different empires and cultures that ruled China. It has been the heart of politics and society throughout its long history. The ancient monuments, stories of days gone by, and the dynamic, modern city Beijing has become today, make it a destination not to be missed.

Day 2: Beijing Meals: B, L, D

Walk through Tiananmen Square and into the magnificent Forbidden City. Sightseeing here will involve approximately 3-4 hours on foot. Later, soak up the harmonious ambience of the Temple of Heaven. Tonight, eat a traditional Peking duck dinner and enjoy a lively acrobat show.

Please note: The Forbidden City is closed on Mondays. If this day of touring falls on a Monday, your touring in Beijing will be switched round so that the Forbidden City is visited on an alternative day. In an effort to preserve the Forbidden City, the number of entry tickets per day has been significantly reduced. Whilst every effort will be made to obtain the tickets, should this not be possible, then you will instead visit the Forbidden City from the outside and visit the nearby Prince Kung's Palace Museum.

Destination Information

Tiananmen Square – Built under the guidance of Chairman Mao Zedong, Tiananmen Square is one of the largest public squares in the world, said to hold a capacity crowd of over one million. It houses not only the Monument to the People's Heroes, it is also the final resting place of Chairman Mao himself in the Mausoleum of Mao Zedong.

Forbidden City – The sacred centre of the Chinese empire for 500 years and home to the Ming and Qing dynasties, the Forbidden City is a vast complex of over 900 buildings and covers an area of 180 acres. Since 1987, the Forbidden City has been a UNESCO World Heritage Site and its palatial architectural style has been an influence on many imperial buildings throughout Asia.

Temple of Heaven – Set in a 267-hectare park surrounded by a long wall and with a gate at each compass point, the Temple of Heaven is absolutely unique. It is one of the most perfect examples of Ming architecture, created as a place of worship for the Emperors, who would ask for prosperity, longevity and good harvest for the people.

Peking duck – A favourite of the Emperor's court and the upper-class elite during the Qing Dynasty (1644-1911), Peking duck quickly spread throughout Chinese society to become a national favourite and a symbol of China.

Day 3: The Great Wall

Meals: B, L, D

Rise early this morning and drive around 2 hours northwest of the city to the Juyongguan Pass. Here you can take a walk on the Great Wall of China, appreciating the wall itself and the dramatic scenery. After walking from the coach to the first section, your group will receive an introduction to the Great Wall's unique history and a briefing on the different walking routes available, depending on your level of fitness. You will then have approximately 2.5-hours free time to explore at your own pace. Please note that there are many steps at the wall and certain sections are steeper than others. Later, visit a jade factory, and in the afternoon, wander around the beautiful grounds of the Summer Palace.

Destination Information

Great Wall of China – Originally built under the first Emperor of China, Qin Shi Huang, The Great Wall of China is the country's most iconic sight. Snaking through the northern countryside from the Gobi Desert in the west into the Bohai Sea in the east, the Great Wall of China is the longest wall in the world and was used as a fortification against northern nomadic tribes. The current structure dates back to the Ming Dynasty - over 700 years old.

Jade Factory – Learn about one of China's most symbolic and important materials: jade, at this comprehensive factory. Understand how to tell if jade is real or fake and watch artisans at work, carving this emerald stone into works of art.

Summer Palace – The former holiday retreat of the Qing emperors, the Summer Palace is a stunning example of Chinese garden style. The Summer Palace incorporates the Fengshui notion of 'Mountain' and 'Water', seen here with tranquil Kunming Lake and magnificent Longevity Hill. A favourite resort of the Empress Dowager Cixi, the Summer Palace is home to a stunning Marble Boat and the Long Corridor, one of the longest outdoor passageways in the world.

Day 4: **Beijing – Xian** Meals: B, L, D

Transfer to the train station and take a 5-and-a-half-hour bullet train to Xian. Wander through the Muslim Quarter and then later this evening, enjoy a delicious feast of traditional Shui Jiao dumplings and a performance of Tang Dynasty dancing.

Please note you will need to carry your own luggage on and off the train.

Destination Information

Xian – Xian has long played a pivotal role in China's extensive history and has been a thriving hub for cultural exchange, economic trade as well as national politics for centuries. Home to some of China's most ancient sights, diverse architecture and delicious fares, Xian is a must-see destination.

Muslim Quarter – The Muslim Quarter is the hub of Xian's Islamic community and is home to many stalls selling a myriad of snack foods and delightful oriental knick-knacks.

Tang Dynasty Dancing Show – Xian, previously known as Chang'an, was an important cultural and historical centre in not only China but in the known-world. The Tang Dynasty dancing show is an exciting exponent of this prosperous society and keeps alive the splendour of this period.

Day 5: **Xian** Meals: B, L, D

Spend the morning viewing the enigmatic ranks of the life-sized Terracotta Warriors. The Museum of the Terracotta Warriors and Horses is located approximately a 1-hour drive outside of Xian. From the bus park to the museum entrance there is a 15-minute walk. There are electric carts offered by private vendors which can be organised at your own cost. There is no electric cart available for the return from the museum exit to the bus park. Within the museum area the warriors can be seen in 3 different 'pits', which are active archaeological digs. The site is large and will take about 2 and a half hours to explore. After this, visit the Xian Art Ceramics and Lacquer Exhibition Workshop to see smaller models of the warriors being made.

Later, stroll on the beautifully preserved 14th century city walls that enclose Xian's old town. The local guide will give you time to explore the ancient city walls at your own pace. Stop by a local brewery for a refreshing beer tasting, where you can learn about the brewing process and sample a selection of beers (non-alcoholic drinks are available).

After Hours Experience: For those seeking extra excitement this evening, you may wish to visit Tang Ever Bright City for its traditional architecture, colourful costumes, and dazzling lights (time permitting, payable locally).

Destination Information

Terracotta Warriors – One of the most significant archaeological discoveries of the 20th century, this unearthed army is comprised of over 7,000 soldiers, horses and chariots. The army was built in life-sized form by thousands of workers and designed by Emperor Qin Shi Huang to defend himself in the afterlife.

Xian Art Ceramics and Lacquer Exhibition Workshop – See smaller versions of the enigmatic Terracotta Warriors being created at the captivating Xian Art Ceramics and Lacquer Exhibition Workshop; even purchase your own portable soldier.

Ancient City Walls – Dating back to the Ming Dynasty in the 14th century, the Xian ancient city wall is one of the best-preserved urban fortifications in China. The wall's ideal spot gives visitors a bird's eye view over this fantastic city.

Day 6: Xian – Lhasa Meals: B, L, D

Fly 3-hours to Lhasa, the capital of spiritual Tibet. The afternoon is at leisure to help acclimatise to the altitude.

Daytime altitude: 4,000 metres

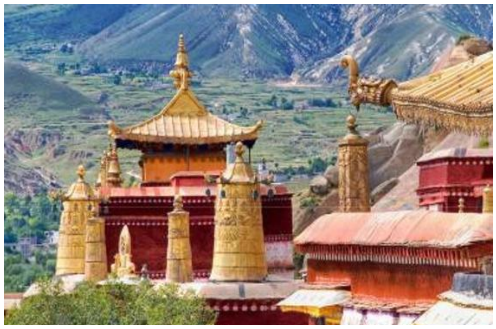
Overnight altitude: 3,700 metres

Destination Information

Lhasa – Historically and spiritually a centre for Buddhism, Lhasa is home to many culturally significant sights, including the Potala Palace, Jokhang Temple and the Norbulingka Summer Palace. Set on the Tibetan Plateau, Lhasa is one of the highest cities in the world, reaching heights of 3,700 metres.

Day 7: Lhasa Meals: B, L, D

Wander around the Barkhor to see traditionally dressed locals, stalls of religious trinkets and prostrating pilgrims. Inside the Jokhang Temple, the sacred centre of Tibetan Buddhism, the devotion is palpable as queues of people worship in the flickering light of yak butter candles. There will also be a visit to the Sera Monastery, a renowned seat of Buddhist learning, and a local Tibetan arts and crafts shop. Sightseeing at the Jokhang Temple and Sera Monastery will involve climbing steps and walking over uneven surfaces in dim light.



Daytime altitude: 4,000 metres

Overnight altitude: 3,700 metres

Destination Information

Barkhor – Encircling the Jokhang Temple, the Barkhor is a cluster of narrow streets that acts as a circuit of pilgrimage for Buddhists around the Jokhang. There are many stalls here where you can peruse for Tibetan trinkets, religious relics and exquisite jewellery.

Jokhang Temple – Considered the most important and sacred temple in Tibet, the Jokhang Temple is located amongst Barkhor and dates back to the 7th century. The architecture is a simple blend of Indian, Chinese and Nepalese designs and is a mix of stunning colours both inside and out.

Sera Monastery – The Sera Monastery is one of the 'Great Three' monasteries in Tibet located 5 kilometres outside of Lhasa. Although its monk population is rather small, there is still a bustle of activity, especially in the morning and late afternoon, when you can see debates on religious theory.

Day 8: Lhasa Meals: B, L, D

This morning, visit the iconic palace of Potala, the largest monastery in the world. Sitting atop Red Mountain, the Potala Palace is painted in a traditional Tibetan blend of deep red and stark white. There are 500 steps to reach the palace and return down, and around 2-3 hours on foot in total. Inside the palace, there are some narrow stair cases and dim lighting. A small torch can be helpful to make your surroundings clearer. Next, visit Norbulingka, Lhasa's answer to Beijing's Summer Palace. Enjoy a traditional Tibetan dinner this evening, accompanied by a dance performance.

Please note, entry to the Potala Palace is controlled to help preserve this historic site. Your visit may therefore be rescheduled to the previous day or following day, depending on ticket availability.

Daytime altitude: 4,000 metres

Overnight altitude: 3,700 metres

Destination Information

Potala Palace – The former winter residence of the Dalai Lama, the Potala Palace has long been a symbol of Tibetan Buddhism and struggles between the Dalai Lama and the Chinese government. Abandoned by the Buddhist spiritual leader in 1950, the Potala Palace now acts as a museum of old treasures and intricate shrines.

Norbulingka – Norbulingka served as the summer residence of the Dalia Lama from the 1780s to 1959. Set over an extensive park, Norbulingka is home to several chapels and palaces, as well as beautiful flower arrangements.

Day 9: Lhasa – Chengdu Meals: B, L, D

Fly 2 hours Chengdu, the capital of Sichuan Province, where, after a leisurely tour of Jinli Street, there will be a delicious Sichuanese meal to savour.

Please note, flights from Lhasa to Chengdu are subject to delay. In the event of a delayed arrival, the visit to Jinli Street may be missed.

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 dragging China's west into the 21st century, it is no wonder that Chengdu's appeal is growing year on year.

Jinli Street – Recorded back as far as the 2nd century BC, Jinli Street houses traditional-style buildings and delicious snacks. Famous for its baldachin manufacturing, Jinli Street is a great place to stop for a traditional Chinese tea in one of the many teahouses.

Day 10: Chengdu – Yangtze River Cruise Meals: B, L, D

Today you will visit China's most famous resident, the Giant Panda, at the Panda Conservation Centre. See these lovable creatures in surroundings that mirror their natural habitat. It is not guaranteed that you will be able to see the feeding of the younger pandas, as this only happens at the start and end of each day. Sightseeing involves approximately 1 and a half hours on foot and there are electric carts offered by private vendors that can be organised at your own cost.

Later, travel 4-5 hours by coach to Chongqing, where you will board your Yangtze River Cruise vessel. There may be up to 200 steps from the coach parking down to the cruise dock, depending on water levels.

Cruise Information

The cruise includes one daily shore excursion along with various onboard activities and entertainment. Additional shore excursions (approx. RMB280 per person) are available, payable onboard, subject to local conditions. Please consult your guide about physical requirements, as some ports may involve many steps.

The Yangtze River cruise section of your itinerary will not be confirmed by the cruise operators until after you commence as it is subject to local river conditions and water levels. Your local guide will do their utmost to keep you informed of any changes but cannot guarantee against delays or – in

rare cases – cancellations of sections of your itinerary. A detailed itinerary will be handed out on the vessel each day.

If you don't take part in a shore excursion but wish to disembark, a port tax (approx. RMB250 per person) applies, though disembarkation may not always be possible due to security reasons.

Please be aware that embarking and disembarking the cruise ship may involve several steps, especially at low tide. Notify us in advance if this may be an issue.

There are amenities package (starting from Day 2), deck and cabin upgrades available to pre-book. Please enquire with our Reservations team.

Destination Information

Panda Conservation Centre – With over 80 pandas holding residence, the Chengdu Panda Research Base is equipped with the latest technology and research materials to gain a further understanding in how we can protect the panda and maintain, if not increase, its numbers. The park is set up to resemble the mountain and forest regions in north Sichuan, the original home of the Giant Panda, with extensive bamboo trees and large green spaces. Red Pandas, the Giant Panda's lovable cousin, and flamboyant peacocks too roam the park, making for an interesting mix.

Yangtze River – One of the world's great and legendary waterways, this 6,300km river has its origins high up in the snow-covered mountain of Tanggula, in the southwestern Qinghai Tibet Plateau, and runs into the ocean in Shanghai. It is estimated that the banks of this river are home to almost a third of China's population.

Day 11: Yangtze River Cruise Meals: B, L, D

Cruise along the mighty Yangtze River. Relax onboard or disembark to explore the elegant pavilions of Mount Shuanggui and view the impressive cliff brush writings by Song Dynasty calligraphers.

Depending on local conditions, you may visit Shibaozhai Temple or Xiaoguanshan Folk Culture Park instead.

Additional shore excursions may include Fengdu's "Ghost City" and Fengyan Sanguo "Romance of the Three Kingdoms" evening show (river conditions permitting).

Destination Information

Mt. Shuanggui – A national forest park known for its picturesque scenery and has for centuries been a favourite destination for literati and artists. There are cliff brush writings of calligraphists here from the Song Dynasty to the present day, and pavilions are named for notable historic figures.

Day 12: Yangtze River Cruise Meals: B, L, D

Prepare for breathtaking vistas as you enter the Three Gorges and pass through Wu and Qutang gorges. Wu gorge is known for its quiet beauty, forest-covered mountains, and sheer cliffs, while Qutang Gorge is the shortest, narrowest, and most dramatic gorge. Transfer to smaller vessels for a relaxing excursion through the Goddess Stream, which are narrower than the Three Gorges, but very impressive. There is no walking involved on this excursion; however you will need to get on and off the boat without assistance. Return to the ship and continue cruising through the gorges.

Depending on local river conditions, you may visit Shennong Stream instead of Goddess Stream.

Additional shore excursions may include White Emperor City.

Destination Information

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

Day 13: Yangtze River Cruise – Shanghai Meals: B, L, D

Visit the Three Gorges Dam, the world's largest hydroelectric dam, and marvel at this incredible feat of engineering. Disembark the ship and take a scenic 45-minute drive (please note that the coach is not permitted to take photo stops) to the viewing area above the ship locks, where you will be able to appreciate the immense scale of this monumental project. Explore a small museum and a lookout point for further insight into its construction and impact on the region. This excursion includes approximately one hour of walking.

Later, transfer to Yichang to board a 6.5 hour bullet train to Shanghai.

Kindly be aware that you will need to carry your own luggage on and off the train.

Destination Information

Three Gorges Dam – Commenced in 1994 and completed in 2009, the Three Gorges Dam is the largest water conservancy project ever undertaken.The Dam is located near Sandouping, which is in the middle of the Xiling Gorge, the longest of the Three Gorges. The Three Gorges Dam is 2,335m long, 185m high, 18m wide on the top and 130m wide at the bottom. The dam has raised the river to a level of 175m above sea level, creating a 600km long reservoir. The building of this huge dam was for the purpose of flood control, electricity, navigation, and irrigation.

Shanghai – Once known as the 'Paris of the East', Shanghai is now one of Asia's most influential cities. Prior to communist arrival in 1949, Shanghai was a city with European-style mansions and was the most important trading port in Asia. Today it presents a blend of cultures; the modern and the traditional, along with the European and oriental. Modern skyscrapers intermingle with 1920s 'shikumen' buildings. This combination is what attracts millions of visitors each year.

Day 14: Shanghai Meals: B, L, D

Shanghai is China's great metropolis, where east and west collide on streets lined with futuristic skyscrapers and 10th century temples. Today's explorations start with the peaceful Yu Gardens and the atmospheric alleys of the old town. Admire the magnificent colonial architecture with a stroll along the historical Bund before visiting a silk mill. Head to the heights of Jin Mao tower for stunning view of the city (weather permitting). Sightseeing today involves 3-4 hours on foot. This evening, view the city from the Huangpu River on a panoramic cruise before sampling some traditional Shanghai cuisine.

Destination Information

Yu Gardens – The Yu Gardens is seen as one of the most perfect examples of Chinese garden style. Built by the Ming-era governor, Pan Yunduan, as a retirement gift for his father, the Yu Gardens is home to exquisite jade rock, goldfish-filled ponds and stunning, tranquil pavilions.

The Bund – Recognised as Shanghai's former 'Wall Street', the Bund is home to an impressive collection of buildings from the early trade houses of the 1850s to the glamorous Art Deco modernism of the 1920s. Originally the home of the foreign population of Shanghai, the Bund's architecture has inherited much western influence and is a stark contrast to the Pudong skyline, sitting across the Huangpu River.

Silk Mill – An educational journey through the production of silk, one of China's most famous and luxurious materials. Learn about the use of silkworms and silk moths in its production; the manufacturing process; as well as silk's journey along the Silk Road which brought this product across Asia and Europe.

Huangpu River – The Huangpu River flows through the centre of Shanghai and separates the city into Pudong, meaning 'east of the Huangpu' and Puxi, 'west of the Huangpu'. Cruising down the river, you will see the contrast of the historical Bund architecture on one side of the river with the modern Pudong skyline on the other side. At night, the banks of the Huangpu light up, turning Shanghai into a neon wonder.

Days 15-16: Depart Shanghai Meals: B

Any time before your flight is at leisure. You will be transferred from your hotel to Shanghai Pudong or Shanghai Hongqiao Airport, according to the departure time of your international flight.

Late check-out is not included. Additional nights' before and after your tour can be arranged. Please contact our Reservations team to book.

CHINA TRAVEL INFORMATION

VISAS:

A visa is not required for Australian passport holders for entry into China for **stays 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.

For the latest information on visa procedures, processing times and requirements, please kindly refer to our website https://www.wendywutours.com.au/help-and-advice/passports-and-visas/

Please note the visa procedures and requirements may change at any time. These changes are often made by the relevant embassy or consulate, Wendy Wu Tours acts as a third party and has no influence on the process of a visa.

Wendy Wu Tours does not accept responsibility for lost or undelivered items.

An entry permit is required for travel to Tibet and is included for all passengers. Changes can occur to the Chinese Government policies regarding the issue of these permits, sometimes at short notice. Wendy Wu Tours will keep all customers up to date with any changes regarding the issuing of Tibet permits that may affect our ability to operate this tour as per the original itinerary. In all cases, alternative arrangements are offered. There is no consular representation in Australia. Therefore, Wendy Wu Tours will forward information to our office in China to process and the permit will be provided to you locally.

INSURANCE:

It is a condition of your booking that you are insured for the duration of your trip. We recommend comprehensive travel insurance to cover cancellation, medical requirements, luggage, repatriations and additional expenses. At a minimum, the policy is required to cover medical requirements including medical evacuations / repatriations. The choice of insurer is yours.

We strongly suggest you purchase insurance at the time you pay your deposit. This is because cancellation fees and charges are payable from that time. We may request you to provide evidence that you have taken out and paid for a policy to comply with this condition. If you fail to provide a certificate of currency of insurance within a reasonable time after our request, then this will be deemed a cancellation by you and standard cancellation fees will apply.

GROUP SIZE:

Most of our groups consist of 10 travellers or more and will be accompanied by both a National Escort and local guides. On Classic Tours, will be no more than 28 travellers in each group although you may encounter other Wendy Wu our groups while you are travelling. Dedicated Solo Departures have a maximum group size of 18 passengers.

All our departures are guaranteed to operate with a minimum of 10 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.

EATING IN CHINA:

Chinese cuisine is one of the world's most diverse and flavourful, with a rich history spanning thousands of years. The local dishes you'll experience on tour may differ from what you're used to at home, offering an authentic taste of China's regional flavours and cooking styles.

All meals (excluding drinks) are included in our fully inclusive group tours from the groups' arrival until the day of departure. Our schedule of meals is designed so that you can experience the local dishes, their individual flavours as well as different ways they are prepared and cooked throughout China – from the bold, spicy cuisine of Sichuan to the savoury flavours of Shanghainese cooking, as well as the hearty noodles and dumplings of the north and fresh seafood of the south.

Breakfasts are buffet-style at your hotel with both Western and Chinese options available, although rural parts of China may offer limited options. Lunches and dinners on our tours are varied, with a mix of vegetable-based and meat-based dishes. Many are pre-seasoned with soy sauce or other traditional flavours, though our selected restaurants offer plenty of mild options. Dishes may be served at different temperatures, as is customary in China.

Dining mostly follows the traditional 'family style' approach, with dishes placed on a lazy Susan for everyone to share. Serving chopsticks are provided for each dish, and individual bowls, chopsticks, and cups are set for personal use. If you require a fork or spoon, please ask your server. This communal style of dining is an integral part of Chinese culture and a fun, social experience.

If you have allergies or dietary requests, you must inform us prior to departure. Western food requirements differ from those in Asia, and even medical dietary needs can be challenging to accommodate. While your National Escort will do their best to assist, we kindly ask for your patience and understanding, as dietary requests may not always be met to the standard you are accustomed to at home. Passengers with food intolerances are advised to bring snacks or additional food items, especially when traveling beyond major cities, where options may be more limited. Kosher and Halal food are extremely limited in China, and we regret that we are unable to cater to these dietary requirements.

PUBLIC HOLIDAYS:

If you are traveling during a Chinese public holiday, please note that while tourist attractions remain open, they may be crowded with domestic visitors. Festivities often span several days, during which some businesses may close, and coach, air, and train services could be impacted. The major Golden Week holidays occur annually from April 29 to May 3 and September 30 to October 7.

ACCOMMODATION:

Your accommodation is chosen for its convenience, comfort, or character. Hotels are generally of a four-star standard in major cities, though there is no international classification system, so facilities and quality may differ from Australia. In remote areas, standards may be lower, and some Western amenities may be unavailable.

All group tour hotels include private Western-style bathrooms, air conditioning*, TV, and a telephone. Due to environmental regulations, toiletries may not always be provided. Plumbing and electricity can be inconsistent, and power in rooms is often switched off when unoccupied. If you encounter any issues, please speak to your National Escort or Local Guide. Rest assured, all hotels used by Wendy Wu Tours are regularly inspected to ensure they meet our standards.

**Please note that regional energy conservation and environmental regulations may restrict air-conditioning and heating use during certain months, with minimum and maximum temperature limits in place.*

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 5kg. This is a requirement on internal trains and flights. It is essential that your luggage is lockable. In general, we recommend packing only as much as you can lift as you will need to carry your own luggage on and off trains.

TRANSPORT:

Trains: When traveling by high-speed 'bullet' train, you will be seated in second-class soft seats with air conditioning. **Facilities** may vary depending on the train. Most carriages feature a Western-style toilet, and most seats are equipped with a foldable tray table and a power socket for charging electronic devices. Luggage is stored at the end of the carriage or in overhead. Dining carts are available on board if you wish to purchase additional food.

For daily products containing flammable ingredients, such as perfumes, colognes, sprays, and gels, non-self-spray pressure containers should not exceed 100 millilitres per item, with only one container allowed per product. For self-spray pressure containers (e.g., hair mousse, hair spray, hair dye, cold wave lotion, insecticides, and air fresheners), each container must not exceed 150 millilitres, with a total cumulative volume of all such items not exceeding 600 millilitres. Passengers are not permitted to carry insecticides, explosives, magnetised materials, knives (including Swiss Army knives) with a blade longer than 60mm, scissors, or other sharp objects. Bag checks are conducted at random, and any restricted items—whether in hand luggage or main luggage—may be confiscated before boarding. Your National Escort will provide specific details before your journey.

Yangtze River Cruise Vessel: If travelling on a Yangtze River cruise, a standard cabin is included equipped with Wi-Fi access, an ensuite bathroom, and a private balcony. Upgrades are available at an additional cost upon enquiry with our Reservations team.

Coaches: Coaches with air conditioning are used on our group tours for city sightseeing, short excursions to the countryside and longer transfers where necessary. Roads in China have generally improved over recent years, but traffic and/or weather conditions may extend driving times. For this reason, the timings listed in the itinerary are approximations only.

Planes: Internal flight/s are based on economy class. Lithium Ion batteries, usually used in laptops, cell phones and digital cameras, must be carried in your hand luggage (not in your checked luggage). Portable chargers with a case that does not state the capacity or with a capacity of 160wh and more are not allowed on internal flights at all.

VICTORIA CRUISE AMENITIES PACKAGES:

If you choose to add an amenities package to your Yangtze Cruise, this will include the following:
- Cabin on higher deck
- Complimentary morning coffee and tea service
- Welcome Fruit Plate
- Nightly turn down service with printed Daily Itinerary
- Diet soda included for lunch and dinner
- Dining selection from two dining rooms (choice of dining room to be made at the beginning of the voyage)
- Hot & Cold soft drinks available daily in Executive Lounge (Pepsi, Sprite, Juice, Coffee, and Tea)
- Complimentary "Happy Hour" one hour before dinner in the Executive Lounge (including House Wine, Beer, and Soda)
- Complimentary house wine and beer offerings at dinner

AFTER-HOURS EXPERIENCES:

Our Classic tours include full days of sightseeing, so you can experience all the must-see sights and create unforgettable memories. Occasionally, when time permits, we may offer extra evening experiences, such as a show, for those who want a little extra excitement. These experiences are not mandatory, will be outlined in your final documents, and can be paid for locally in RMB, either by cash or mobile payment app.

TIPPING POLICY:

Tipping while on holiday is common in most parts of the world and China is no exception. However, it is not always clear who it is appropriate to tip and how much. Furthermore, travellers may not have the right amounts of cash available at the right time. In order to avoid any inconvenience, Wendy Wu Tours operates a tipping policy where a stated amount is given to your National Escort at the beginning of your tour and tips are disbursed to local guides and drivers throughout your tour. 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.

If you are travelling in a smaller group with local guides only, then tipping is paid in each destination. To be fair to the guides we ask for slightly higher amounts per traveller with small groups.

We generally find that most customers appreciate the convenience of our tipping policy but we do recognise that it may not suit everyone. However, as this is a group tour we ask that everyone follows the same protocol to be fair to other group members and to ensure smooth operation of your tour.

DEVELOPMENT IN CHINA:

Though parts of China match the west in modernity and technological advances, it is important to remember that parts of China are still developing and as such, many aspects of tourism in China do not have the solid infrastructure and safety standards as seen here in the west.

SOUVENIRS:

We want to be able to give you an opportunity to buy souvenirs; so in each city, we will visit a workshop or factory 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 Shanghai you will be able to see how silk is created all the way from the silk worm to beautiful garments; and in Xian we will take you to a workshop which creates replicas of the Terracotta Warriors, from tiny little warriors to seven foot behemoths! We trust you will enjoy these opportunities to learn about local arts and crafts and understand their historical and cultural importance.

ITINERARY CHANGES:

It's 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'll make the best possible arrangements maintaining the integrity of your trip.

INTERNET RESTRICTIONS IN CHINA:

In China, certain Western apps, such as Google Services (e.g. Gmail, Google, Google Maps) and social media platforms (e.g. Facebook, WhatsApp), are blocked due to government restrictions on internet content. Some travellers may choose to download and use a VPN (Virtual Private Network) to bypass these restrictions and access blocked apps. Guests are strongly advised to conduct their own research into the legal implications as VPN usage is subject to government regulations. E-Sim providers such as Airalo and Holafly have built-in VPN capabilities.

TRAVEL MONEY IN CHINA:

We recommend having access to multiple sources of money while traveling. A combination of payment methods, including mobile payment apps, cash, and cards, will offer the most security and flexibility. Mobile payment apps like WeChat and Alipay are often more widely accepted than international cards or cash in China. You will need an internet connection when in China to use the apps. For more information, please refer to our currency and spending money in China: https://help.wendywutours.com.au/knowledge/currency-spending-money-china

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 including a visa application form (if applicable), and a help sheet. Your final documentation pack will be sent to you approximately 2-3 weeks prior to departure.

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