



Tour Dossier

China & Tibet Discovery

Classic Tour | 16 Days | Moderate Pace

This document has been designed to provide a straightforward description of the physical activities involved in sightseeing or travelling during the tour. All passengers should read this dossier to assess the physical requirements of the programme and their ability to complete the tour.

Classic Tours

Our Classic Tours are designed for those who wish to see the iconic sites and magnificent treasures on a fully inclusive excellent value group tour.

China & Tibet Discovery is a Moderate Pace tour; this has been defined in our brochure as anyone with a good level of fitness should be able to complete this itinerary. Our National Escort/Local Guides always endeavour to provide the highest level of service and assistance, but they cannot be expected to cater for customers who are unfit to complete the itinerary.

These programmes are not strenuous but do include several days where long periods of sightseeing on foot, climbing of stairs and in/out of boats will be necessary. These tours are generally longer in duration and could involve long days of driving or overnight train journeys. Some programmes may also include easy hiking or a home stay.

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:

The highest point of altitude reached on this tour is in the Tibetan city of Lhasa (approximately 3,650m)

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 non-caffeinated drinks and avoid exertion after arriving in altitude over 3,000m.

Making sure you are well hydrated (by drinking lots of water and refraining from alcohol/caffeine) before and during the tour, as well as exercising to improve your aerobic fitness before you leave, are generally considered to be excellent ways to prevent or alleviate the severity of mild AMS. If you smoke, your doctor will probably also advise you to stop several weeks before your tour. If you have an existing respiratory, vascular or coronary condition, we recommend checking with your doctor before undertaking this tour. Take this Tour Dossier with you to your appointment to explain the altitude at which you will be travelling. Information on AMS can also be found at http://www.travelvax.com.au/resource_files/Travel-Tips---Altitude-Sickness.pdf.

Tour highlights:

On our China & Tibet Discovery itinerary, you will visit **Beijing, Xian, Lhasa, Chengdu, Yangtze River** and **Shanghai**.

- **Beijing** – The Great Wall, Forbidden City and Tiananmen Square
- **Xian** – The archaeological marvel of the Terracotta Warriors and Horses
- **Lhasa** – Capital of the ‘roof of the world’ and centrepiece of Tibetan culture
- **Chengdu** – Home to the Giant Pandas
- **Yangtze River** – Spectacular scenery of the Three Gorges
- **Shanghai** – Exploration of China’s most cosmopolitan city

Destination Profile

China - China’s civilization is the oldest in the world and has a history dating back over 5,000 years. With 56 ethnic groups, 22 provinces and eight major dialects, China has a rich and varied culture and way of life. It is home to a wealth of tourist sights and cultural relics which entice our guests to return again and again to this exciting destination.

Chinese Public Holidays - If you are travelling within the below Chinese Public Holidays please note that celebrations last for several days and during these times some businesses will be closed and coach, air and train travel may be affected. Tourist attractions will be open, but may be crowded. Chinese New Year is on 8th February 2016 and 28th January 2017. Golden Week public holidays fall annually between 1-3 May and 1-7 October.

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 extra care, use your common sense, refer to notices and follow advice from your National Escort/Local Guides.

Roads in China - Roads in China have generally been improved over recent years, but traffic and/or weather conditions may extend driving times. 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. There may be sections of road where the surface may be comparatively bumpy but our drivers will do their utmost to lessen the impact. Road construction work usually covers an enormous section of road – not just one or two kilometers as you may be used to. For this reason, the timings listed in the sections below are approximations only.

Cuisine 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 have in Australia, it is important to keep an open mind and be adventurous. All meals (excluding drinks) are included in our fully inclusive China & Tibet Discovery group tours from the groups’ arrival until the groups’ day of departure. Please be aware that dishes selected for your meals reflect the cooking styles and signature dishes of the local area you are in.

In Sichuan Province, the cuisine (known as Szechwan in the west) is distinguished by its use of ginger, chili and the 'Sichuan peppercorn' called fagara. Each meal will usually have some mild dishes for those who don't enjoy eating hot or spicy food, but please bear in mind that the majority of local specialty dishes will be hot. If your group finds there are not any mild dishes served, please inform your National Escort/Local Guide so that they may resolve the problem for the next meal.

In Tibetan areas, produce is limited. Barley, wheat, yak meat and milk are produced locally and anything else must be trucked in from other parts of China. Local dishes include simple vegetable noodle soups (thugpa) or dumplings called momo. Simple, new restaurants are becoming more common but mostly in the larger towns.

There will be **limited western dishes for breakfast**. Typical breakfast dishes may include cold vegetable/ pickle dishes, bean curd noodles, soups, congee (rice porridge), steamed buns with pork or sweet red bean paste and green tea. You may also be served fruit, a fried egg, or toast – although the bread tends to be very sweet and unlike the bread we have in Australia. Black tea, fresh milk and coffee is not often available but can usually be requested. Please note that long driving distances or local conditions may delay/alter your mealtime.

Although there will be more than adequate food provided at mealtimes, you might like to bring some snacks with you from either Australia, or small supermarkets in Lhasa. These might include tea/coffee bags, drinking chocolate, instant soups or noodles, biscuits, energy bars, milk powder sachets, vegemite and anything else you cannot live without. You may also find small shops and market stalls where you can buy a surprising amount of snacks such as instant noodles and muesli bars. Make sure anything you buy is safe and clean – dried fruit, nuts or unwashed fruit, etc. are not a good idea!

Dogs in Tibet - Once raised as guard dogs by nomadic Tibetans, these animals can be a nuisance in the streets of cities and small towns nowadays. They are treated quite differently to how we would treat our domestic pets and tend to fight on the streets, especially at night. It is advisable to keep your distance from any dogs and bring some earplugs so you're not disturbed during the night.

Joining Your Tour - The tour is 16 days in duration including international flights. Travellers booked on 'Land Only' arrangements should make their own way to the starting point. Please refer to your Final Itinerary for more specific meeting instructions pertaining to your departure. Join the tour on Day 1 in Beijing and end the tour on Day 15 in Shanghai.

Itinerary Changes

1. Our intention is to adhere to the day-to-day itinerary as printed; however order of events and sightseeing may vary according to local conditions.
2. From November to March the Tang Dynasty music and dance performance is not available on all evenings. If it is not operating on the evening your group is due to attend, a suitable alternative will be arranged by your National Escort/Local Guide.
3. The Forbidden City is closed on Mondays, due to maintenance. If it is not open on the day our group is due to visit, Beijing touring will be rearranged by your National Escort/Local Guide accordingly
4. **Yangtze River.** Please note that all sections of the itinerary for the Yangtze River Cruise are especially subject to change. The movement of each vessel along the Yangtze is regulated by the Government's Yangtze River Authority (YRA). The river's rapid flow, the narrowness of the gorges and the recent increase in numbers of passengers means that the timetables are under some pressure. The YRA allocates times for access to mooring points, embarkation and disembarkation at docks and passage through the gorges. This means that the captain of each cruise ship is unable to confirm a final itinerary until shortly before departure (usually 24 hours prior). This can affect both the time and location where you embark and

disembark your cruise ship. Your National Escort/Local Guide will explain any such changes to you as soon as they are informed by the cruise operator.

5. **Potala Palace in Lhasa:** In late 2006, the Tibetan Government imposed a new system of allocating entrance tickets to the Potala Palace. To limit the number of tourists inside at any one time tickets must be bought in advance and are valid for a set time of day. Our local office will buy the tickets for our customers, so you do not have to queue for them. Please note that this may affect the order of sightseeing for the rest of Lhasa too.

Flight Delays or Changes to Arrival Times - Due to unforeseen circumstances, flights can be delayed, and therefore connecting flights may be missed. If you find yourself in this situation, please contact our China office on **+86 21 5888 5681** or **+86 159 0929 1082** (24 hours) to urgently advise your arrival details have changed. Please ensure you have your trip number, tour name (both included in your final documentation) and new arrival details (flight number and arrival time) handy to pass on to our local office in China. This will ensure your National Escort/Local Guide can be informed of your most up to date information and an arrival transfer will be arranged accordingly. We will endeavor to arrange a transfer as soon as possible however delays may occur.

If we are not advised of late changes and missed connections, Wendy Wu Tours cannot guarantee someone will be able to meet you upon arrival in China as our local office will have no way of knowing which flight you will be arriving on. Wendy Wu Tours will not be responsible for providing reimbursement of transportation costs from the airport to your hotel in the event that our local office was not advised of changes to arrival times.



Itinerary – China & Tibet Discovery

Day 1: Australia to Beijing

Day Outline

Fly to Beijing for a three night stay. *Adelaide and Perth passengers may depart one day earlier.*

Physical Description

On arrival in Beijing Capital International 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 one hour to your hotel. A tour introduction will be held in the hotel either this evening or the next. Food and drinks will not be served at this meeting, it is simply an opportunity for your group to meet and learn more about travelling in China. ***In the event of flight delays or changes to arrival times, please see the above for details as to what to do in this circumstance.***

Destination Information

Beijing - Is 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 and has been the heart of politics and society throughout its long history. The ancient monuments, the stories of days gone by as well as the dynamic and modern city Beijing has become today, make it a destination not to be missed.

Day 2: Beijing

Day Outline

Walk across the lengths of Tiananmen Square and into the magnificent Forbidden City. Soak up the harmonious ambience of the Temple of Heaven where you can watch, or take part in, a dance class. Tonight, eat a traditional Peking duck dinner and watch a thrilling Chinese acrobatics show.

Physical Description

Sightseeing at Tiananmen Square and the Forbidden City will involve approximately 3-4 hours on foot. You will spend approximately one hour on foot at the Temple of Heaven.

The Forbidden City is closed on Mondays due to maintenance. If this day of touring falls on a Monday, your touring in Beijing will be re-arranged so that the Forbidden City is visited on an alternative day. Please remember to bring your passport with you when visiting the Forbidden City for a security check.

Destination Information

Tiananmen Square - Built under the guidance of Chairman Mao Zedong, Tiananmen Square is said to hold a capacity crowd of over one million and is one of the largest public squares in the world. 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 influenced many imperial buildings throughout Asia.

Temple of Heaven - Is one of the most perfect examples of Ming architecture set in amongst a 267 hectare park with four gates set at each point of a compass. The Temple of Heaven was created as a place of worship for the emperors, who would ask for prosperity, longevity and good harvest for the people. Walking through the park you will see the many groups of local people that gather here every day to sing folk songs, practice Tai-Chi and sword dancing, play chess or just come to sit and chat.

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.

Chinese Acrobatics - Incorporates many forms of dramatic art, including acrobatics, contortionism, juggling, plate spinning and many more.

Day 3: Beijing

Day Outline

Take a walk on the Great Wall of China, appreciating the wall itself and the dramatic scenery. Later, visit the jade factory and this afternoon visit the Summer Palace.

Physical Description

You will rise early this morning to drive approximately two hours northwest of the city to the Juyongguan Pass of the Great Wall. The aim of this is to avoid the crowds of tourists who will arrive later in the morning, and the heat of the day. Your visit here involves walking from the bus to the first section. After your group has been given an introduction to the Great Wall's unique history you will have free time to explore the rest at your own pace. After lunch, drive approximately 1.5 hours to the Summer Palace in the north of the city. The palace is set over an extensive park and man-made lake complex and there is 1.5-2 hours on foot involved at this site.

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 and is over 700-years-old.

Jade Factory - Learn about one of China's most symbolic and important materials: jade, at this comprehensive factory. Learn how to spot real jade, watch artisans at work carving this precious stone, and even buy a piece to take home yourself!

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 to Xian

Day Outline

Fly to Xian for a two night stay. Take a wander through the exotic Muslim Quarters, Xian's Islamic hub. This evening enjoy a delicious feast of traditional Shui Jiao dumplings and watch a performance of Tang Dynasty dancing.

Physical Description

You will be transferred approximately one hour to Beijing airport for your flight to Xian (duration one hour and 50 minutes). Upon arrival in Xian you will have approximately two hours of light walking in the Muslim Quarters. ***Please be mindful of your valuables in the Muslim Quarter, due to large crowds.***

From November to March the Tang Dynasty music and dance performance is not available on all evenings. If it is not operating on the evening your group is due to attend, a suitable alternative will be arranged by your National Escort/Local Guide.

Destination Information

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 - Is the hub of Xian's Islamic community and is home to many stalls selling a myriad of snack foods, a trove of silks and fabrics, and delightful oriental knick-knacks.

Tang Dynasty Dancing show - Xian, previously known as Chang'an, was an important cultural and historical centre, not only in 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 the period.

Day 5: Xian

Day Outline

Spend the morning viewing the formidable ranks of Terracotta Warriors and Horses. Visit the Xian Art Ceramics and Lacquer Exhibition centre to see smaller models of the warriors being made. Next take a walk on the parameters of the 14th century ancient City Wall.

Physical Description

The Museum of the Terracotta Warriors and Horses is located more than one hour drive outside of Xian. From the bus park to the museum entrance 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 three different 'pits', which are active archaeological digs. The site is large and, towards the summer months, can be hot outside. Sightseeing here involves approximately 2.5 hours on foot. This afternoon you will visit the City Wall. You will be required to walk upstairs to access the City Wall, where the National Escort/Local Guide will give you time to explore at your own pace. There are options here to hire a bicycle or an electric cart to drive along the length of the wall. These are offered by private vendors and can be organised at your own expense.

Destination Information

Terracotta Warriors - One of the most significant archaeological discoveries of the 20th century, this subterranean necropolis is comprised of over 7,000 soldiers, horses and chariots. The army was built in life-sized form by thousands of workers for the first Emperor of China, Qin Shi Huang, who felt he needed military protection in the afterlife.

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

Ancient City Wall - 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 location and layout gives visitors a bird's eye view over this

fantastic city. Follow the locals' example and enjoy a bike ride to have an even more spectacular experience.

Day 6: Xian to Lhasa

Day Outline

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

Physical Description

The flight from Xian to Lhasa is approximately three hours. Drive one hour (80km) north to the city of Lhasa and check into the hotel. The remainder of the day is at leisure to allow for acclimatisation to the higher altitude; you are advised to rest and drink fluids.

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 3,700m.

Day 7: Lhasa

Day Outline

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.

Physical Description

Sightseeing at the Jokhang Temple and Sera Monastery will involve climbing many steps and walking over uneven surfaces in dim light.

Destination Information

Barkhor - Encircling the Jokhang Temple, the Barkhor is a cluster of narrow streets that acts as a circuit of pilgrimage for Buddhists round 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 - Is one of the 'Great Three' monasteries in Tibet located 5km 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

Day Outline

This morning visit the iconic palace of Potala, the largest monastery in the world. Sitting atop Marpo Ri (Red Mountain), the Potala Palace is painted in a traditional Tibetan blend of deep red and stark white. Next visit Norbulingka, Lhasa's answer to Beijing's Summer Palace. Visit a Tibetan arts and crafts shop and enjoy a traditional

Tibetan dinner this evening, accompanied by a dance performance.

Physical Description

At the Potala Palace there are over 1000 steps. A small torch can be helpful to make your surroundings clearer.

From October to April, the Tibetan Dance Performance will only run if there are 20 or more people booked to watch the show that evening. If it is not operating on the evening your group is due to attend, a suitable alternative will be arranged by your National Escort/Local Guide.

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 - Served as the summer residence of the Dalai 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 to Chengdu

Day Outline

Fly to Chengdu, the capital of Sichuan Province, where, after a tour of Jinli Street, there will be a delicious Sichuan meal to savour. *Please note: Flights from Lhasa to Chengdu are subject to delays and as such, the visit to Jinli Street may be occasionally affected.*

Physical Description

This morning you will be transferred to the airport (a one hour drive) for your flight to Chengdu (duration one hour and 50 minutes). This afternoon enjoy easy sightseeing along Jinli Street (subject to time available).

Destination Information

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.

Sichuan Meal - Sichuan cuisine is famous for its use of Sichuan pepper and chillies. These spices from the area are known for their 'mala' (numb and spicy) flavours, which seem to cool and heat your mouth at the same time. Famous dishes include kungpao chicken, twice-cooked pork and spicy Sichuan hotpot.

Day 10: Chengdu – Chongqing to Yangtze River Cruise

Day Outline

Today you will visit China's most famous resident, the Giant Panda. Visit the Chengdu Research Base of Giant Panda Breeding where you can learn about China's celebrated bear. See these lovable creatures in surroundings that mirror their natural habitat. Later visit the Shu Brocade and Embroidery Museum before travelling to Chongqing where you will board your Yangtze River cruise.

Physical Description

The Chengdu Research Base of Giant Panda Breeding is located only 18km from the city centre. It is not guaranteed

that you will be able to see the feeding of the younger pandas, as this only happens at the very start and end of each day. Sightseeing here involves at least 1.5 hours on foot. There are electric carts offered by private vendors and can be organised at your cost. Transfer by coach to Chongqing (4-5 hour drive) and board your Yangtze River cruise for the next three nights. ***Please note: the Yangtze River cruise section of your itinerary will not be confirmed by the cruise operators until after you commence your tour as it is subject to local river conditions and water levels. Your National Escort/Local Guide will do their utmost to keep you informed of any changes but cannot guarantee against delays or – in rare cases – cancellations of sections of your itinerary. Shore excursions are subject to change depending on local conditions. A detailed itinerary will be handed out on the vessel each day. If you do not wish to take part in a shore excursion but you still wish to disembark the cruise ship, there is a mandatory port tax which must be paid by each customer locally. The port tax amount is approximately USD20-USD30 dollars per person, however this amount can vary and for security reasons, it is not always possible to disembark at all ports of call.***

Destination Information

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

Shu Brocade and Embroidery Museum - Brocade production has been an integral piece of Chinese history for over 2,000 years. At this museum, enjoy the opportunity to learn how these richly decorative fabrics are created and take the opportunity to purchase a piece yourself.

Chongqing - Due to its unparalleled location, Chongqing serves as the economic centre of the upstream Yangtze River Basin. The significant history, opulent culture and distinctive spice cuisine of the area make Chongqing one of the most vibrant cities in the country.

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 south western 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

Day Outline

Today you will begin your downstream cruise past breathtaking panoramas and stunning gorge scenery on your Yangtze River cruise vessel. Today take a shore excursion to the Shibaozhai Temple.

Physical Description

Shore excursion to Shibaozhai Temple (two hours off ship):

This small temple was built at the top of a nine-storey pavilion clinging to the sheer south bank near Qutang Gorge. Disembark from the ship to the dock close to the pavilion's entrance. Sightseeing here involves climbing the nine storeys inside the building.

Destination Information

Shibaozhai - Is a nine storey temple, named after the hill on which it stands. Dating back to the 18th century, the Shibaozhai temple was built during the Xianfeng Emperor's reign and is an example of Buddhist architecture. The temple is said to have been built without any nails. **Please note: if you are unable to visit the Shibaozhai Temple you will visit the Fengdu Relocation Village instead.**

Day 12: Yangtze River Cruise

Day Outline

Prepare for breathtaking vistas as the ship passes through Qutang and Wu gorges. Switching to smaller vessels take a relaxing trip on the Goddess Stream.

Physical Description

Shore excursion to the Goddess Stream: cruise through the beautiful and narrow gorges. Many protected species make the stunning peaks their home, including monkeys, mountain goats, deer and wild boar. You will board a smaller craft for a ride of approximately 15km each way, to view the beauty of its narrow gorges.

Destination Information

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 70-100m in depth, depending on the season. **Please note: if for some reason your cruise is unable to travel along the Goddess Stream you will pass along the Shennong Stream instead.**

Day 13: Yangtze River Cruise to Shanghai

Day Outline

Pass through the Xiling Gorge, the longest of the Three Gorges. Here our boat must negotiate the five-tiered Three Gorges Dam ship lock. Take a tour of the Three Gorges Dam, a massive feat of engineering. Disembark your cruise ship in Yichang and fly to Shanghai

Physical Description

Disembark the ship and drive approximately 20 minutes to the Three Gorges Dam. The coach will pass through the surrounding areas (they are not permitted to stop for photos) and will drop your group off at the viewing area above the ship locks. There is a small museum and a lookout and the sightseeing will involve around one hour on foot. Disembark your cruise in Yichang and fly to Shanghai (flight duration is two hours). Please note: *Our planned flight from Yichang to Shanghai will occasionally be changed from a coach transfer from Yichang to Wuhan; and a flight from Wuhan to Shanghai. This is due to decreased availability of tickets on the Yichang to Shanghai sector. Please be assured that this will not affect any sightseeing on your tour.*

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

Day Outline

Shanghai is China's great metropolis, where east and west collide on streets lined with futuristic skyscrapers and 10th century temples. Today's explorations include the peaceful Yu Gardens, the atmospheric alleys of the Old Town and the fine arts and antiquities of the Shanghai Museum. Admire the magnificent colonial architecture with a stroll along the historical, waterfront Bund before visiting the Silk Museum. This evening view the city from the Huangpu River on a panoramic cruise before sampling some traditional Shanghai cuisine.

Physical Description

Sightseeing today involves a full day of touring around the centre of the city including 3-4 hours on foot. Be mindful of your valuables while in the Old Town and the wharf for your Huangpu River cruise as it is very crowded.

Destination Information

Old Town and Yu Gardens - The Old Town of Shanghai, where cobbled streets are lined with traditional shops selling herbal medicines, handicrafts, Chinese tea and a variety of tantalising snacks, is the original center of Shanghai and for decades was the seat of Chinese authority in Shanghai. 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.

Shanghai Museum - One of the most esteemed and acclaimed museums in China, the Shanghai Museum is a comprehensive collection of the Middle Kingdom's millennia old history. Sprawled over five floors, one could spend half, if not a full day in this comprehensive museum. The shape of the museum was designed to resemble a Chinese vessel, known as a Ding.

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 western influence and is a stark contrast to the Pudong skyline, sitting across the Huangpu River.

Silk Museum - Is 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 transported this product across Asia and Europe.

Huangpu River Cruise – There is no better way to see the juxtaposition of eras than taking a cruise on the Huangpu River. At night, the dazzling colours and lights from Pudong shine bright onto the more modest twilight of the Bund. Pass under two of Shanghai's majestic bridges, the Nanpu and Yangpu Bridge, the latter being one of the longest bridges in the world to witness further the strength of this city.

Shanghainese Cuisine – Influenced by neighbouring provinces and known for its sweeter taste, Shanghai cuisine is a plethora of delicious treats. Dishes are usually seasoned

with vinegars and rice wines and a popular cooking method is to braise the food.

Day 15: Depart Shanghai

Day Outline

The morning is at leisure before boarding the overnight flight to Australia. *Due to flight schedules, some passengers may arrive home on Day 15.*

Physical Description

Any time before your flight is free at your leisure. You will be transferred approximately one hour from your hotel to the airport, according to the departure time of your international flight. ***Late check-out is not included in our China group tours. If you wish to book a late check-out for your final day in China, please contact our reservations department who can confirm additional pricing and make this arrangement for you, subject to availability at the hotel.***

Day 16: Arrive Australia

Day Outline

Arrive home today.

Tour Profile

Visas - Entry visas are required by all visitors to China and Wendy Wu Tours' Visa Department can assist you with the process of obtaining a visa. We will supply you with all paperwork and submit the visa application on your behalf. Visas for China are valid for 90 days from the date of issue and allow you to stay in the country for up to 30 days. Please be advised that your passport must have at least 6 months validity left on it when you arrive back into Australia.

Visa application forms and all relevant documentation are due in our office **60 days prior to departure**; if received after this date urgent visa processing fees will apply. Passports will be returned with your final documentation **2-3 weeks prior to your group tour's scheduled departure**. If you require your passport to be returned earlier, a \$15 courier fee will apply.

Please note that if you intend to arrive more than 24 hours before your tour commences or intend to stay in China after your tour has ended and you are **NOT** staying in a hotel you will need to register with the local police station. If you are staying in a hotel, registration is done on your behalf as part of the check-in process.

A Tibet permit is included in the cost of your tour. We require a clear colour copy of your passport bio page and a copy of your valid Chinese visa. If this visa has been processed by our office we will make the necessary copy required. Tibet Permits are processed in China and are collected once you are travelling on your China group tour by your National Escort.

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.

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 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 a 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.

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 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\$250 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 Excursions - 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. The cost for each optional activity can range from RMB150 (AUD\$33) to RMB350 (AUD\$76) per activity. 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.

Transport: Roads - Coaches with air conditioning are used on our group tours for city sightseeing, short excursions to the countryside and longer transfers where necessary.

Transport: Air - Internal flights are based on economy class, with reputable airlines.

Transport: Water - In this tour you will take a three night cruise down the Yangtze River. Your cabin on your Yangtze River cruise ship will have private bathroom and balcony.

Group Size - In most cases the group will operate with a minimum of nine travellers with expert Local Guides in each of the main cities. If there are 10 travellers or more, your group will be accompanied by a National Escort as well as Local Guides. There will usually be no more than 29 travellers in each group.

Climate - You will find a complete packing list and a helpful climate chart in the 'Suggested Packing List', which is 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.

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.

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. It is essential that your luggage is lockable. Please note that Chinese authorities will only allow bottles onto the aircraft if they have been checked in as main baggage. Bottles in hand luggage may be confiscated.

Tipping - Is a firm and expected element in the tourism industry. A nominated tipping amount is included in all group tour pricing, however is not collected in your final payment received by Wendy Wu Tours. This is so that it can be paid directly to your National Escort/Local Guides who will then distribute the tips among your main service

providers – guides and drivers – on your behalf. Any other tipping, such as tips for bathroom attendants or hotel porters is at your discretion based on satisfaction of services received, as are gratuities for additional requested special services. The final tipping amount will be outlined in your final documentation.

Yangtze River Cruise operators have introduced a compulsory service levy of RMB150 per person (approximately AUD\$33 per person) which is to be paid immediately upon boarding the cruise vessel. For the purposes of your overall cost, this has been calculated into your AUD/USD tipping amount as reflected on your invoice.

After your booking - Once you have booked with Wendy Wu Tours, you will receive a confirmation invoice followed by deposit documentation, which includes a visa application form (if applicable), and a help sheet. Your final documentation pack will be sent to you approximately two weeks prior to departure, and will include a travel wallet, a travel guide (which includes a suggested phrase book) and packing list, along with your final itinerary and international e-tickets.

Updated: 22 April 2016