

TIBETAN WONDERS

Go Beyond | 20 Days | Physical Level 3

Kunming – Dali – Lijiang – Zhongdian – Lhasa – Gyantse – Shigatse – Lhasa – Chengdu

Journey through the landscapes of Yunnan, up onto the 'roof of the world', the Tibetan Plateau. Explore cultural treasures in Lhasa, Gyantse and Shigatse, against a backdrop of soaring Himalayan peaks. Expect long but rewarding days of travel through this extraordinary region.

- Explore the fascinating Stone Forest
- Experience the magnificent Tiger Leaping Gorge
- Walk the spiritual Barkhor Circuit of Lhasa
- Cross the Tibetan Plateau
- See Karola Glacier
- Meet the Giant Pandas in Chengdu

TOUR MAP



TIBETAN WONDERS TOUR INCLUSIONS :

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

The only thing you may have to pay for are personal expenditures 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.

GO BEYOND TOURS:

Venture off the beaten track to explore fascinating destinations away from the tourist trail. You will discover the local culture in depth and see sights rarely witnessed by other travellers. These tours take you away from the comforts of home whilst rewarding you with experiences of a lifetime. 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 3:

Our tours come with a physical rating to guide you in selecting a holiday that suits your comfort level. Joining any of our tours involves independent mobility and the ability to stay active throughout the day, which is essential for fully enjoying the unique charm of each destination.

'Tibetan Wonders' is rated as a **physical level 3** tour. A good level of fitness is required as you need to be comfortable walking for 3-4 hours and covering longer distances. As a whole, this itinerary requires a high level of fitness due to long travel days, travelling to high altitudes, and travelling to remote areas where tourist facilities are less developed.

This tour has been carefully designed to minimise the effects of Altitude Sickness from day 6 to day 16 whilst in Lijiang, Zhongdian, Lhasa, Shigatse, and Gyantse, **reaching a maximum altitude of 4,800m** when travelling through the Gampala Pass**.** 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 overexert and only partake in light activity immediately 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

Our National Escort is dedicated to providing a high level of service and support throughout your journey. However, their primary role is to manage the daily aspects of the tour. They are unable to offer extensive personal physical assistance. We kindly ask our travellers to be prepared for the physical aspects of the tour to ensure a comfortable and enjoyable experience for everyone.

JOINING YOUR TOUR:

The tour is 20 days in duration including international flights or 18 days in duration based on 'Land Only'. Join the tour on Day 2 in Kunming and end the tour on Day 19 in Chengdu.

Travellers booked on 'Land Only', the price includes your arrival/departure airport transfers if arriving/departing on the start and conclusion date of your tour, or when booking pre and post night accommodation with Wendy Wu Tours.

DETAILED ITINERARY

Days 1-2: Fly overnight to Kunming — Meals: D



Fly to the relaxed city of Kunming. You will be met at Kunming airport in the Arrivals Hall by your Local Guide and/or National Escort from Wendy Wu Tours. Together with other group members who may be arriving at a similar time, transfer 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 2. Late arrivals will receive a box dinner.

Destination Information

Kunming – Nicknamed China's 'Spring City' due to its temperate weather, Kunming is the capital of Yunnan Province and has long plated an important city for trade due to its location on the borders of Southeast Asia.

Day 3: Kunming — Meals: B, L, D



This morning, drive around 1 and a half hours to wander through the unusual limestone rock formations of the UNESCO listed Kunming Stone Forest. Sightseeing here involves up to 2 hours walking on paths and steps to view the maze of rock pinnacles, lakes and ponds.

This afternoon, visit the Western Hills, often referred to as 'Sleeping Beauty Hills'. Dine on local Across the Bridge Noodles in the evening, before an optional Dynamic Yunnan Show excursion (payable locally).

Destination Information

Kunming Stone Forest – Located 120 kilometres 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 30 metres high.

Western Hills – Also known as 'Sleeping Beauty Hills', Kunming's Western Hills have from a distance, the appearance of a lady lying beside Dianchi Lake with her face upward and her hair trailing into the water.

Day 4: Kunming – Dali Meals: B, L

Drive approximately 4 hours to Dali, a charming town that offers a peek into bygone China. Wander around the charming Ancient Quarter and visit the Three Pagodas.



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 9th 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 Meals: B, L

Visit Mount Weibao (Weibaoshan), one of China's fourteen sacred Taoist mountains, stopping in at Weishan Ancient Town en route. The journey time is approximately 2 hours from Dali. Steeped in legend, the mountain features 20 Taoist temples nestled on its forested slopes. You will walk for around 1.5-2 hours, visiting a handful of these intricately decorated temples.



Note: The meditation experience at Weibaoshan will no longer operate due to government restrictions on religious related activities for foreign visitors. Visits to Weibaoshan and its Taoist temples will continue, but without meditation.

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.

Weishan Ancient Town – The town is known for its well-preserved cultural heritage and quiet atmosphere. It features traditional Bai-style architecture, ancient city walls, cobbled streets, and local temples.

Day 6: **Dali – Lijiang** Meals: B, L

Drive 2 and a half hours to Shaxi, a former ancient market town on the famous Tea Horse Road and enjoy some easy sightseeing around the old town as well as a local lunch. Continue 1 and a half hours to the quaint town of Lijiang where you will have free time to explore the Old Quarter.

Overnight altitude: 2,300 metres



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** Meals: B, L, D



A magnificent mountain massif, the Jade Dragon Snow Mountain incorporates several peaks, the tallest of which is 5,500m. Visiting Jade Dragon Snow Mountain is very popular with travellers to this area, so 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 where you will take a 10-minute cable car and explore one of the beautiful high meadows and enjoy the amazing vistas. From the cable car, there is a wooden pathway to the meadow; this walking route takes approximately 20 minutes. Descend by cable car and re-board the bus. You may reach a maximum altitude of 3,250m during your time on Jade Dragon Snow Mountain.

Later, visit Baisha Village to admire the fascinating Baisha Frescoes, painted during the early Ming Dynasty, and see the intricate creations of the Mu Family Embroidery School. Sightseeing at Baisha Old Town is leisurely. Next, meet a Shaman who will demonstrate how to write ancient Dongba characters, before you attempt this quirky art form yourself. Finally, sample traditional Naxi cuisine.

Daytime altitude: 3,250m at Jade Dragon Snow Mountain

Overnight altitude: 2,300m

Please note that 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.

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 – Zhongdian

Meals: B, L



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 2 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 parking lot at the side of the Gorge. From here you will walk to the entrance and down the steps to the bottom of the gorge. Enjoy the stunning view along the riverside before making your way to the top again.

Lunch today will be a simple meal as the choice of restaurants in this area is limited. Continue another 2 and a half hours to the Tibetan monastery town of Zhongdian, also known as Shangri-La. On Arrival, visit the Dafo Temple and enjoy free time in the Old Town.

Daytime altitude: 2,400 metres

Overnight altitude: 3,400 metres

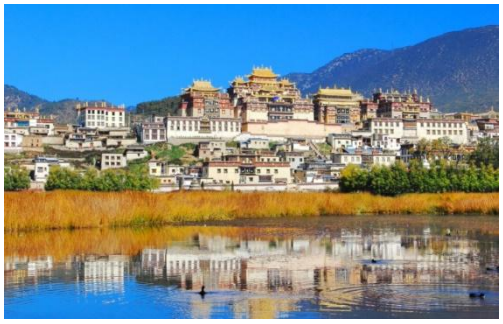
Destination Information

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 16 kilometres. 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 Meals: B, L, D



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 Songzanlin Monastery take a leisurely walk in the countryside for 2-3 hours to Napahai Grassland.

In the rainy season the grasslands become a lake, and this ever-changing area is popular with birdwatchers and nature lovers alike. You will be provided with a packed lunch for today. Later, visit a Tibetan- style village where you will learn how to make Tibetan Butter Tea and taste home-cooked dishes for dinner.

Daytime altitude: 3,400 metres

Overnight altitude: 3,400 metres

Destination Information

Songzanlin Monastery – This 17th 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 – Lhasa Meals: B, D



Fly 2 hours to Lhasa, the heart and soul of Tibet. The afternoon is free to relax and 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 11: 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, to watch the debating monks. Please be sensitive whilst at the temple as religion is an extremely sensitive topic in China. This is not a chance to converse with the monks, you will be able watch the monks debating between themselves and learning scriptures. Sightseeing at the Jokhang Temple and Sera Monastery will involve climbing many steps and walking over uneven surfaces in dim lighting.

In the evening, enjoy a Tibetan dinner and a Tibetan Dance Performance.

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 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 – 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 12: 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, set in parkland just outside the city. Enjoy lunch at Snowland Restaurant.

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 the struggles between the Dalai Lama and the Chinese government. Abandoned by the 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 Dalai Lama from the 1780s to 1959. Set over an extensive park, it is home to several chapels and palaces, as well as beautiful flower arrangements.

Day 13: Lhasa – Gyantse Meals: B, L, D



Journey by road across Tibet's stark plains and the Gampala Pass to Gyantse, stopping along the way to take in sweeping views of Yamdrok Lake and the towering Karola Glacier. Travel time is approximately 6 hours, depending on photo stops.

Daytime altitude: 4,800 metres

Overnight altitude: 4,050 metres

Destination Information

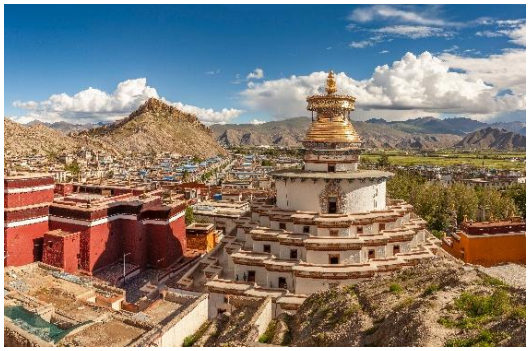
Yamdrok Lake – One of Tibet's three sacred lakes, renowned for its breathtaking turquoise waters and dramatic mountainous backdrop. Located around 100km southwest of Lhasa, this high-altitude freshwater lake stretches over 70 kilometres and sits at an elevation of over 4,400 metres.

Karola Glacier – Located between the sacred sites of Yamdrok Lake and Gyantse, the glacier descends dramatically from the slopes of Mount Nojin Kangtsang, reaching down to the roadside offering a rare close-up view of ancient glacial ice.

Day 14: Gyantse – Shigatse

Meals: B, L, D

This morning, visit Gyantse Kumbum as well as the Tsang Traditional Folk House to see a traditional kitchen and taste some local snacks and home-brewed 'chang'. Also visit Dzong Castle, then drive around 2-hours to Shigatse.



Daytime altitude: 4,050 metres

Overnight altitude: 3,800 metres

Destination Information

Gyantse Kumbum – Dating back to the 15th century, the Gyantse Kumbum is a 35 kilometre-high chorten and is considered the most important of its kind. Kumbum translates as '100,000' and refers to the thousands of images of Buddha houses inside.

Shigatse – Shigatse has been developed by the government to become the second largest city in Tibet. It has an interesting local market and one of the largest functioning monasteries in Tibet, Tashilhunpo.

Day 15: Shigatse

Meals: B, L, D

Visit Tashilhunpo Monastery and join the pilgrims on their 'Kora' (circumnavigation) of the Monastery. Later, visit the local markets and enjoy time to explore the town.



Daytime altitude: 3,800 metres

Overnight altitude: 3,800 metres

Destination Information

Tashilhunpo Monastery – Founded in 15th century, the Tashilhunpo Monastery is the second largest in Tibet and is the largest functioning religious institution in Tibet.

Kora – Kora is a type of pilgrimage and meditative practice in Tibetan Buddhist tradition. The meaning of Kora literally translates as 'circumnavigation' and involves pilgrims circling a sacred place or object.

Day 16: Shigatse – Lhasa Meals: B, L

Drive around 5 hours back to Lhasa, where you'll have an evening at leisure for independent explorations.

Daytime altitude: 3,800 metres

Overnight altitude: 3,700 metres



Day 17: Lhasa – Chengdu Meals: B

Fly 2 hours to Chengdu. On arrival, transfer to your hotel where the rest of the day will be at leisure. Your guide will be on hand to suggest activities or places to explore, or you can use the time to just relax in your hotel.



Destination Information

Chengdu – China's symbolic western capital and the residence of the country's most lovable black and white bear, Chengdu has an abundance to offer. With a fast-paced economy that is dragging China's west into the 21st century, it is no wonder that Chengdu's appeal is growing year on year. As the gateway into Sichuan Province's large collection of sights, as well as Chengdu being its own trove of historical and cultural treasures, Chengdu is a must-visit on any trip to China.

Day 18: Chengdu Meals: B, L, D

Today you will visit China's most famous resident, the Giant Panda at the Panda Conservation Centre, where you can learn about China's celebrated bear. 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, visit People's Park, Matchmaker's Corner, where you can watch parents search for suitable suitors for their children, and a traditional teahouse where you can try Chinese tea (at your own expense). This evening, enjoy a farewell dinner of traditional Sichuanese cuisine and an optional Face Changing Show.

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.

People's Park – People's Park is a pleasant respite from urban Chengdu. Here you can see beautiful golden koi, locals dancing and practicing tai chi, and most interesting of all, Matchmaker's Corner, where parents search for suitable boyfriends or girlfriends for their children.

Sichuanese Meal – Sichuanese 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 Kung Pao Chicken, twice-cooked pork and spicy Sichuanese hotpot.

Days 19-20: Depart Chengdu Meals: B

Any time before your flight is at leisure. You will be transferred from your hotel to the airport, according to the departure time of your international flight.

Please note late check out is not included. For any additional nights or late check-outs contact our reservations.



CHINA & TIBET 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. You must have a valid China visa in order to apply for a Tibet permit. 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 Go Beyond Tours, there will 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 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 or most meals (excluding drinks) are included in our Go Beyond group tour. 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 even the 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.

ACCOMMODATION:

Your accommodation is chosen for its convenience, comfort, or character. Hotels are generally of a three-to-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 will 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.*

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 around 1 to 5 May and 1 to 7 October.

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 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.

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.

TIPPING POLICY:

Tipping is a common practice in most parts of the world, including China. However, knowing who to tip and how much can be unclear, and travellers may not always have the right cash on hand. To make the process seamless, Wendy Wu Tours operates a tipping policy where a stated amount (refer to our brochure or online tour page) is given to your National Escort at the beginning of your tour and tips are disbursed to local guides and drivers throughout your tour. This system ensures a hassle-free experience for travellers while maintaining a fair and reasonable gratuity for the local people including the National Escort.

If you are travelling in a smaller group of under 10 passengers 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.

OPTIONAL ACTIVITIES:

Occasionally, when time allows, we offer optional extras such as evening shows for those seeking extra excitement. These excursions will be listed in your final documents and can be paid for locally through your guide.

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.

In rural Tibet outside of your hotels, there are few Western style toilets available.

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 real clay replicas of the Terracotta Warriors, from little figurines to giant seven foot statues! We trust you will enjoy these opportunities to learn about local arts and crafts and understand their historical and cultural importance.

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

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 & Spending Money in China guide https://help.wendywutours.com.au/knowledge/currency-spending-money-china

AFTER YOUR BOOKING:

Once you have booked with Wendy Wu Tours, you will receive an email with your confirmation invoice, along with a link to our website where you can find your visa information (if applicable) and other important information. Your final documentation pack will be sent to you approximately 2 weeks prior to departure.

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.

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.

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