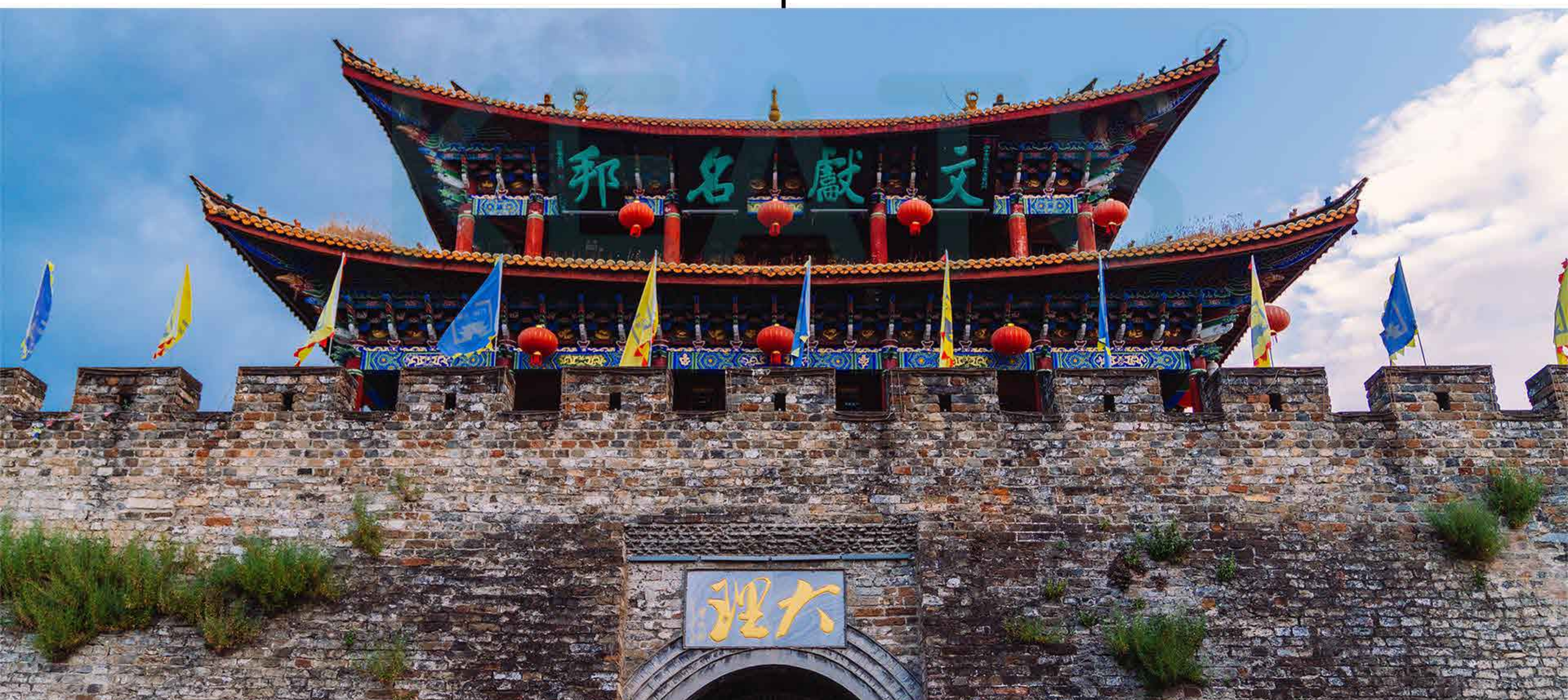


## DAY1

Kunming-Dali- the Three Pagodas-Dali Old Town



You will be transferred to Dali by Morning High-speed rail about two hours. Upon arrival, the guide will take you to visit the [three-pagoda] in Chongsheng Temple. Being one of the oldest and grandest Buddhist architectures in south China, the Three Pagodas of Chongsheng Temple is always related to ancient culture of Yunnan. It is a cultural relic under national protections for its historical and culture value.



Later you will look around [Dali Old Town]. Dali old town is the ancient city for Bai ethnic. Bai people inhabit in compact communities in Dali, known as “a land of letters” with a long history and rich cultures. Ancestors of Bai people live around Erhai Lake 4,000 years ago.

Distance : Around 380 Kilometers

Driving time : Around 5 hrs

Accommodation : Boutique Hotels

Meal: Will recommend local cuisine for consumers

### Some Tips

It is fantastic to have a bird’ s-eye view of the Three Pagodas of the Chongsheng Temple from top of the Pagodas. In 1978, 689 pieces of cultural relics had been excavated from this site.



## DAY2

Xi Zhou old town, Bai Tie-Dyeing experience, Erhai Lake Cycling

After breakfast, the driver will take you to visit the houses of the Bai village: Xizhou Village.



You can visit typical Bai traditional architectures 【Yan' s House】 and taste the local refreshments named Xizhou Baba (traditional Bai people' s pan-cake).



Later, you will go to Zhoucheng, the hometown of Bai Tie-Dying. You can follow the teacher to learn the process of making tie-dying handicraft. From then on, you can make a special souvenir for yourself.

Then you can take a bike sightseeing around the Erhai Lake. It' s a preferable way for tourists to see the landscape of Erhai Lake.



After that, you will go to Shaxi old town and stay there for a night.

Distance : 200KM

Driving Time : Around 2.5-3 Hrs

Accommodation: Boutique Hotels

Meal: Breakfast and recommended local cuisine

### Some Tips

As for the Xi Zhou old town, it' s a quiet place that you can explore by yourself. Don' t go fast, these old architectures are worthy for you to slow down and appreciate.

About Erhai lake, the scenery along the way is quiet and wonderful, you can take your step slowly, feel peaceful.



## DAY3

### Shaxi – Lijiang



When we are in Shaxi, you can take enough time to explore this important ancient station on the Tea and Horse Caravan Road. Unlike other ancient town, Shaxi does not have many tourists. The old architectures and cultures still remained due to the protection from The Swiss Federal Institute of Technology Zürich (ETH) and the People's Government of Jianchuan County. In 2001, the World Monuments Fund listed Shaxi as one of the 100 most endangered sites in the world. When you walk in this old town, you still can think of the old time in this ancient market.



Then your personal guide and driver will transfer you to Lijiang directly. When arrived Lijiang, you can take time to explore the largest Naxi Ancient town: [Da Yan ]. This ancient town has no city walls, thus it is the only ancient city of this kind. Surrounded by green hills, the city looks like a jade ink slab, so it is also called Dayan (Big Ink Slab). In 1997, the city was declared a UNESCO World Culture Heritage Site.

Distance: Around 150 KM

Driving Time : Around 2.5 hrs

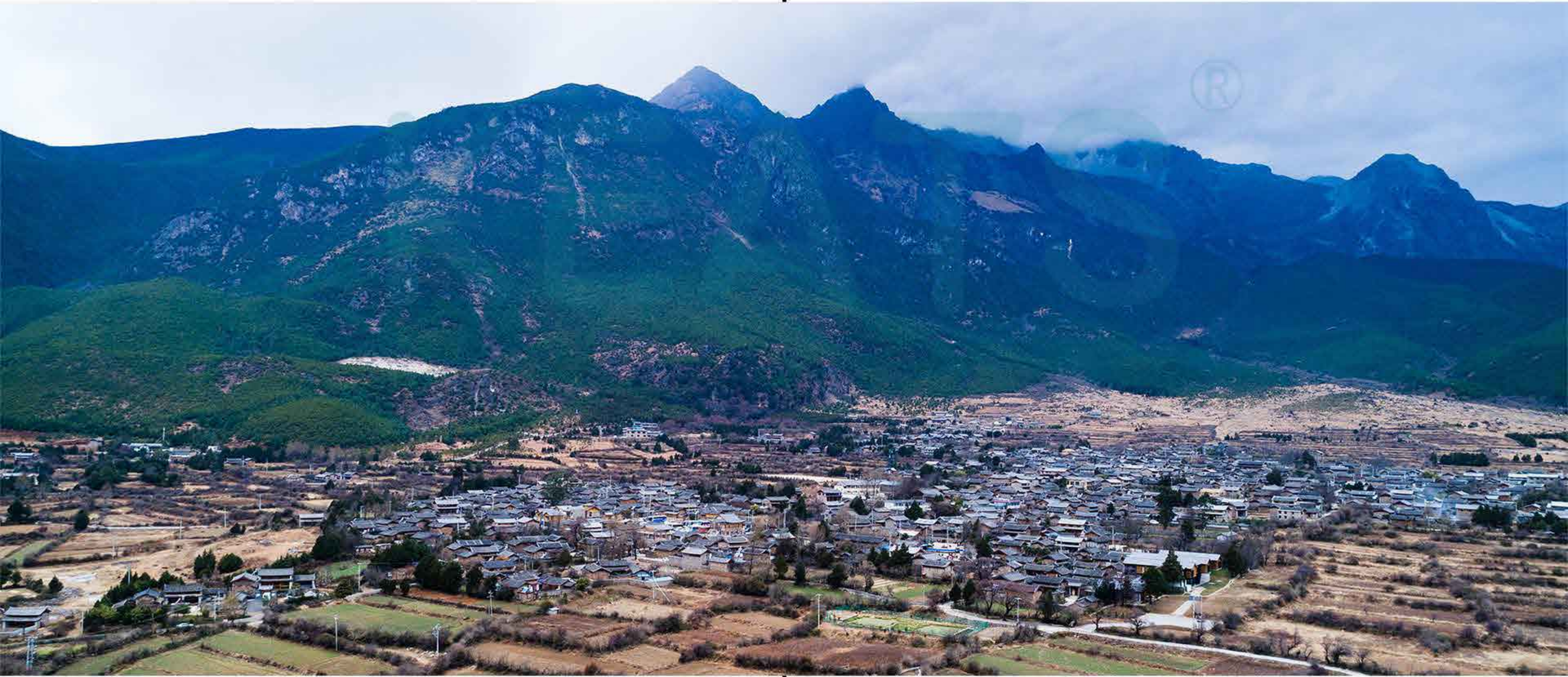
Accommodations: Boutique Hotels

Meal: Breakfast and recommended local cuisine



DAY4

Jade water village, Yu Hu old village, Shu He/Da Yan old town



Welcome to the [Jade water village] which is under the Jade Dragon Snow Mountain. As the most holy mountain for Naxi people, Jade Dragon Snow mountain is a real paradise for you to see the unique landscape from far away.



The Jade Water Village is the water origin of Lijiang. Besides the wonderful natural scenes, you can also learn about Dongba culture, which is an important part of Naxi culture.



After lunch, we will visit [Yu Hu], the first and the oldest Naxi Village when Naxi people first settle down at Lijiang, you will see some unique houses, built with unique rocks called: Monkey Head, which make this village look the same as the old times.

The famous botanist Dr. Rock came here to study the local plants and culture, he stayed at Yuhu for 27 years and he is the first western scholar to introduce Lijiang's ethnic culture to the world. You can visit his house in the village, now is a museum.



On your way back to Lijiang, we will go to [Shu He]. Shu He is part of Lijiang Ancient town, you can walk along the old street to enjoy the quaint city scenery and local handicrafts.

Distance: Around 60 KM  
Driving Time : Around 1.5 hrs  
Accommodations: Boutique Hotels  
Meal: Breakfast and recommended local cuisine

Some tips

There are several horse back hikes route from Yuhu to the Jade Dragon Mountains (Price is different based on the length and path). Also, you can choose to walk around by feet until the lake of Yuhu or you can hike to another village of Wenhai. The hike will take at least 4 hours and a local guide is necessary to carry out this hike.



## DAY5

Lijiang – Tiger leaping Gorge – Shangri-La  
Tiger Leaping Gorge hiking, Shangri-La old town



Today, you will take a morning drive to Shangri-La. On the way, we will visit one of the deepest gorges in the world – [Tiger Leaping Gorge]. The name of this gorge comes from its unique valley shape. The Gorge is very narrow that a tiger can jump from this side to another side of the river. During the rainy season, the dashing water will flow into this narrow valley in an amazing speed from JinSha river due to the huge drop. When you walking along the path, you can see the view is changing and the air is turning humid. Tiger Leaping Gorge must leave you an incredible impression. After the Gorge, we will continue drive to Shangri-La. Take some time to view the Dukezong Old town. Then we will have a rest today to adapt the high altitude of 3200 meters.

Driving Distance: Around 200KM

Driving Time : Around 4 hrs

Accommodations : Boutique Hotels

Meal: Breakfast and recommended local cuisine

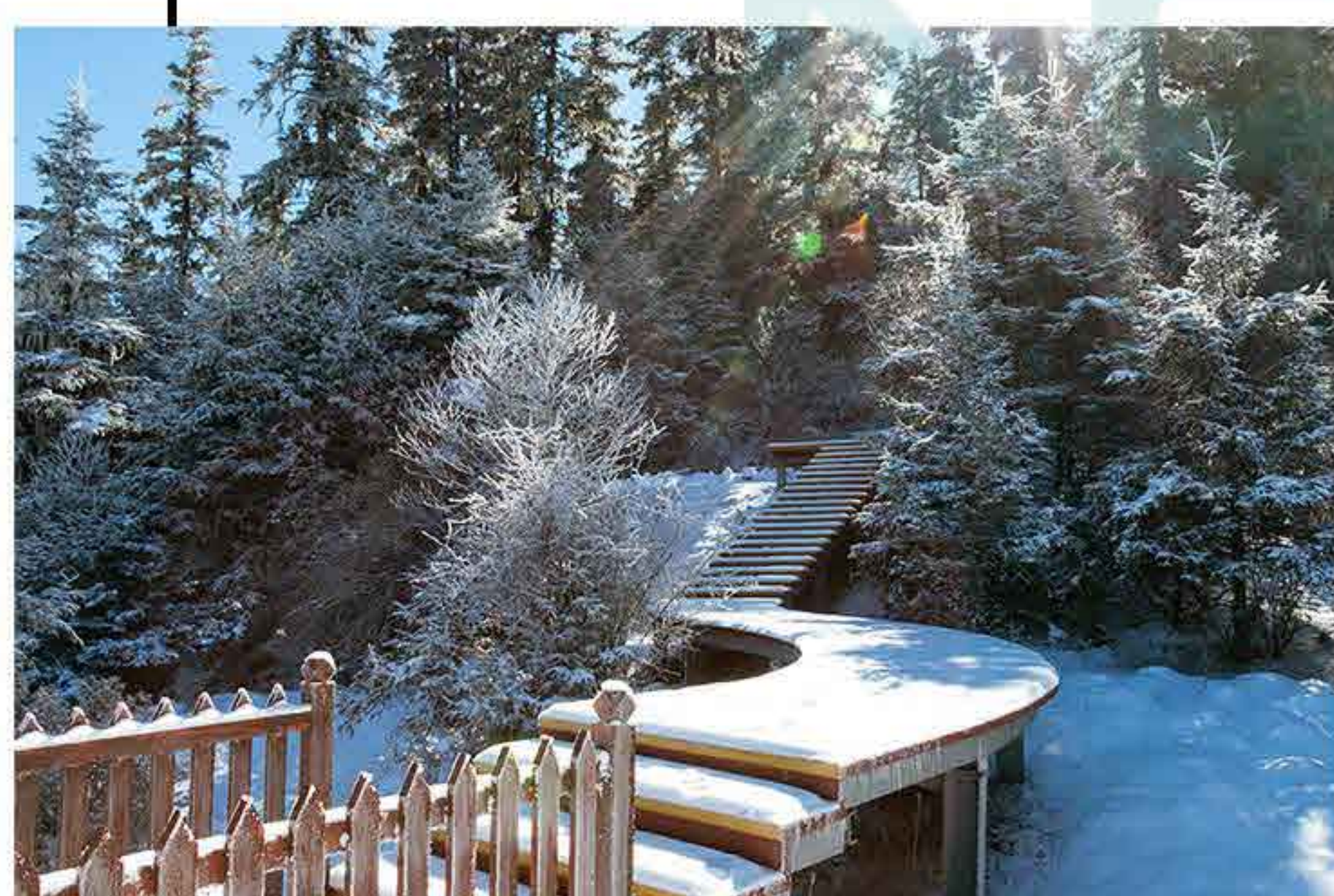
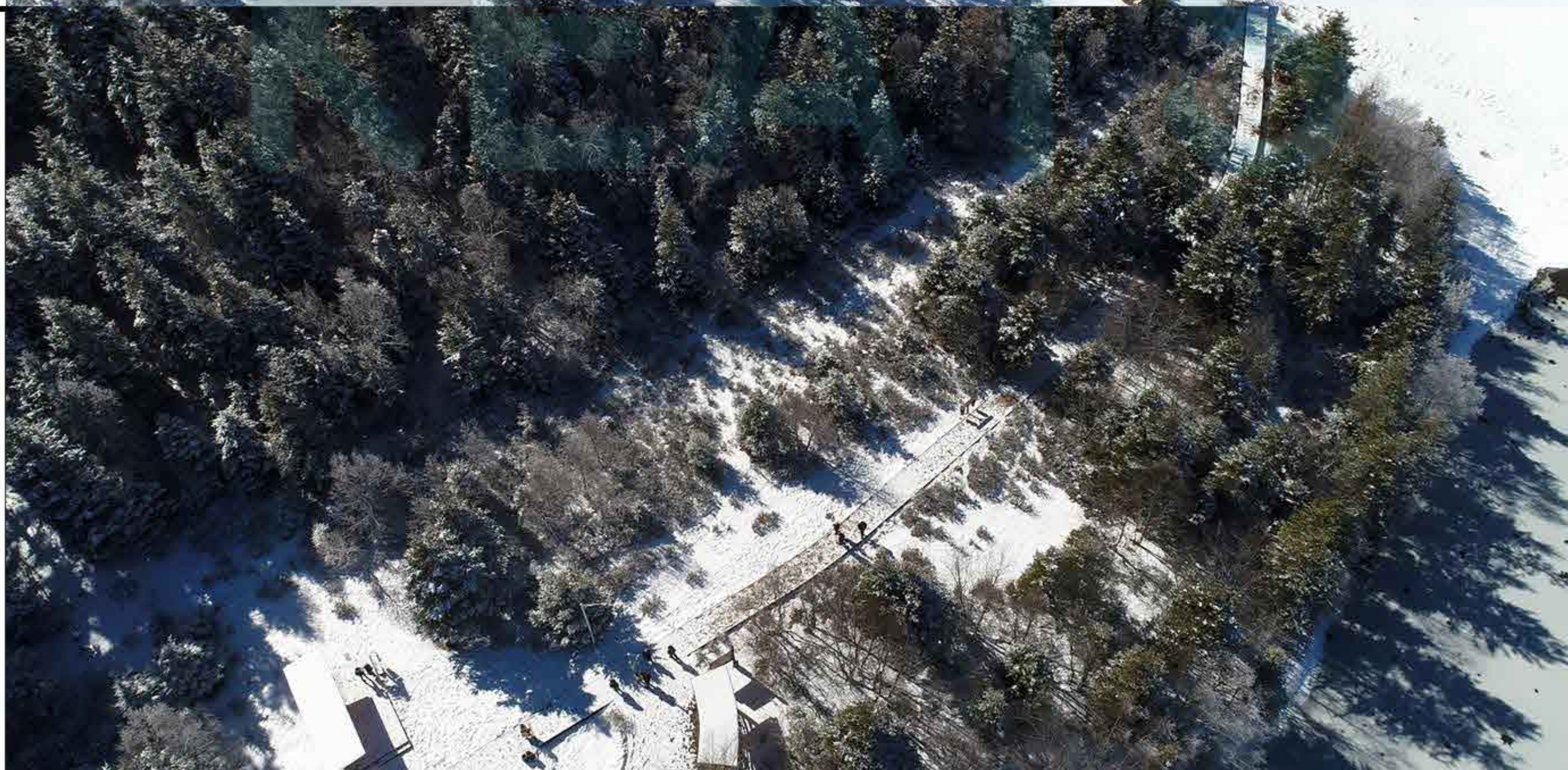
### Some Tips

1. During the rainy season (June – August), the path and steps could be very slippery.
2. Oxygen could be prepared before arrive Shangri-La, it is better to supplement oxygen before you feel uncomfortable.



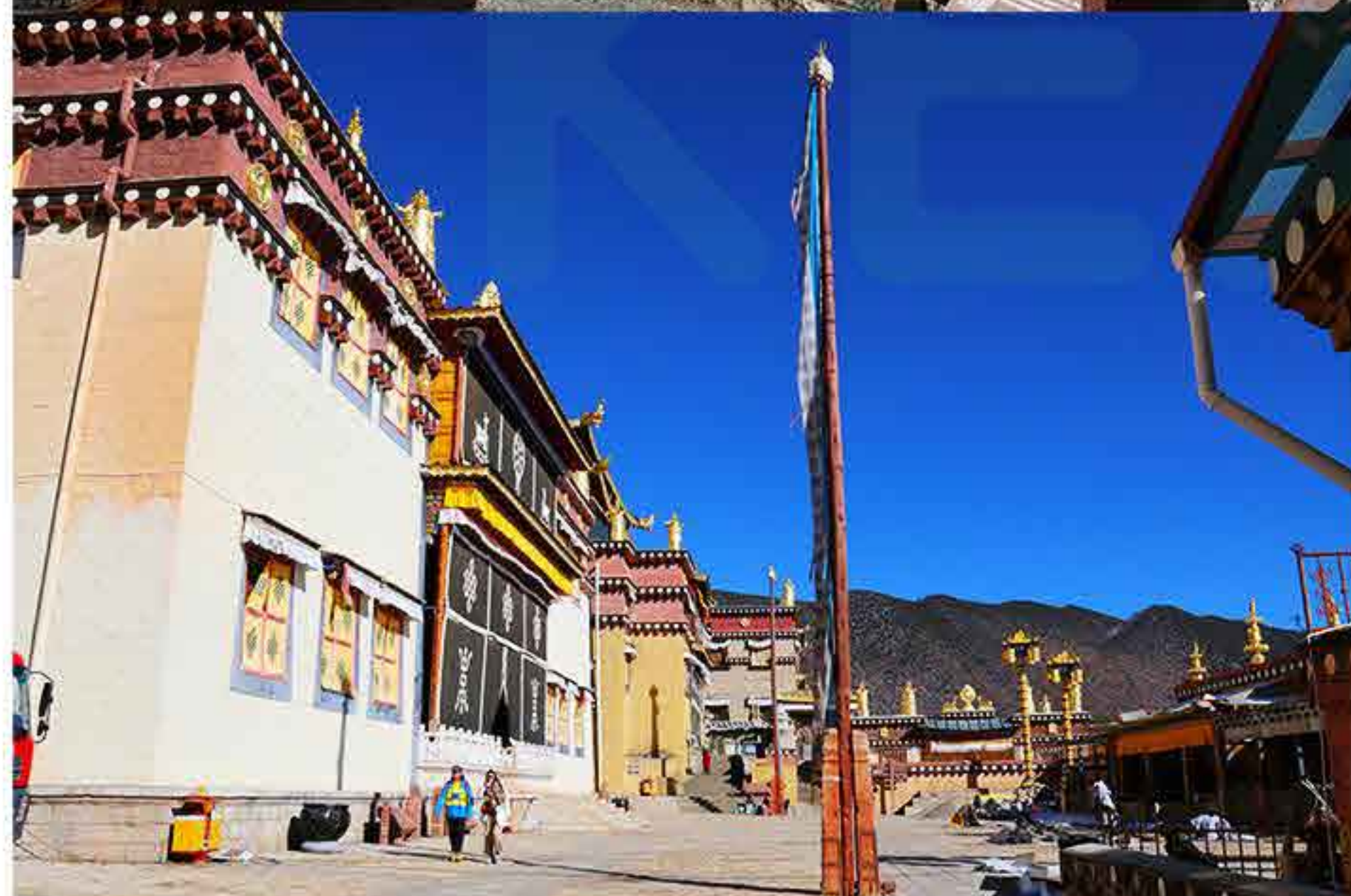
## DAY6

### Songzanlin Lamasery, Pudacuo National Par



Shangri-La in the Tibetan language means “the sun and the moon in the heart” and “Paradise” in English. It also means “a place of idyllic beauty” and represents a state of mind and a dream of people – the yearning for simplicity, honesty and harmony. Shang-La is full of magnificent scenic attractions such as snow-covered mountains, deep valleys, great rivers, highland lakes, meadows, unique buildings, and virgin forests. In the morning, we will go to [Pudacuo National park]. As the first national park in the mainland of China, Pudacuo is located in the central part of the Three Parallel River World Heritage Zone, with a total area of 1,000 square kilometers. The park abounds in both natural and ethnic cultural resources. As an important wetland park, the park is characterized by biological diversity, complex biological structure and splendid scenery.

Later, we will go to [Songzanlin Lamasery]. This is really worth visiting as one of the unique buildings. The Songzanlin Lamasery is the largest Tibetan Buddhist lamasery in Yunnan as well as one of the 13 famous Lamaist monasteries in Tibetan regions.



Distance: Around 500KM

Driving Time: Around 5 hrs

Accommodations : Boutique Hotels

Meal: Breakfast and recommended local cuisine



# DAY7

## Shangrila- Lijiang Departure



After breakfast, we will take some time to explore the beautiful nature scenes of [Napa Sea]. Napa Sea is a natural highland grassy marshland. Then your personal driver will send you to Lijiang train station. You will come back to Kunming alone by high-speed train.

Distance: Around 200KM

Driving Time : Around 3 hrs



## 【Q&A】

Q. How' s the weather? What should we wear?

A: Yunnan is dominated by the subtropical monsoon climate. Integrating low latitude, highland and monsoon, the climate in Yunnan has four characteristics. Firstly, there is a small difference in annual temperature but a large difference in daily temperature. Secondly, there is a big contrast in rainy season and dry season. Thirdly, the climate obviously alters according to the change of altitude. Fourthly, the frost-free period is long.

When you travel in Yunnan, the best advice for your wearing is: bring all kinds of clothes with you. A jacket, scarf, rain coat for rainy season and a sunglass are essential.

Q. How' s the accommodation?

A: We believe, staying in wonderful boutique hotel is one of the most important parts in a journey. We strongly advice our guests choose the hotels with comfortable service and tasteful design. Due to the diversity of ethnic culture, Yunnan has some extraordinary hotels that can bring you the most unforgettable memories. From famous international brands to local boutique resorts, we provide all ranges of accommodation choice for you.

Q. How' s the road?

A: Due to the major landscape in Yunnan is mountain, the mountain area is full of bumpy roads and steep slopes. Even in the express way, there are always sharp turn everywhere. So we strongly suggest you fasten their seat belt.

Q. How' s the meal?

A: Most of the hotel will provide breakfast both in American breakfast and Chinese breakfast. During the travel, we will recommend some featured local dishes and street food for you to try. We also encourage you to explore the local food. Our guide will suggest the suitable restaurant to you.

## Attention

### 【High Altitude Reaction】

1. The average altitude in Yunnan is 1894 meters. Kunming: 1890 meters. Dali: 2050 meters. Lijiang: 2400 meters. Jade Dragon Mountain: 4506 meters. Shangri-La: 3280 meters.

We strongly suggest you be fully prepared for high altitude reaction and strong ultra-violet rays. By preparing these, you can take some high-altitude reaction medicines before you depart or bring some Oxygen Can with you.

2. If you suffer any of blow diseases, please advise your doctor before you depart. Any kinds of heart disease, high pressure, any blood diseases, cerebrovascular disease, disease of respiratory system and etc..

3. We don' t suggest you take shower in the first two days in high altitude area. If you get a cold, it may leads to pulmonary edema and encephaledema easily.

4. Please don' t drink any alcohol especially any strong liquids, since alcohol will lead to serious high altitude reaction.

### The price is exclude:

1. Other personal expense during the journey.
2. Our accommodation prices are for twin room( two people live in one room, separate bed/one bed), if consumers require separate room for each person, there will be extra cost.
3. Chinese Visa Fees.
4. The extra expense due to transportation delay, cancellation, wars , natural accident and strike.
5. Meals (lunch and dinner)