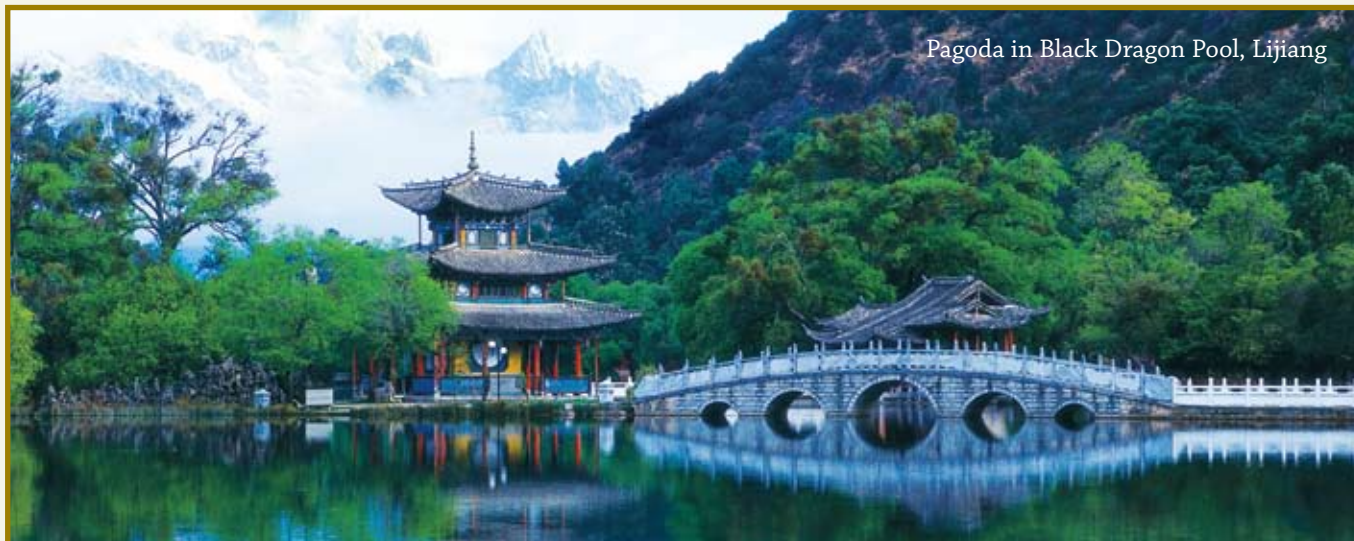


YUNNAN

DETAILED ITINERARY

ADVENTURES IN TRIBAL CHINA

01/10/11



Pagoda in Black Dragon Pool, Lijiang

In the 13th century, Marco Polo wrote of Kunming and Yunnan: "The capital city named Yachi is very great and noble. In it are found merchants and artisans with a mixed population of idolaters, Nestorian Christians, and Saracens or Moham-etans. The land is fertile in rice and wheat..."

Yunnan's diversity of natural wonders includes Himalayan peaks, fertile valleys, tropical rainforests, tranquil lakes and thundering rivers. The snow-capped mountains and glaciers feed two of the world's great rivers, the Mekong and the Yangtse. Culturally, the area is a veritable cornucopia of 24 colorful and exotic ethnic groups including Yi, Lisu, Bai, Naxi, Li and Tibetan.

Starting in Kunming, we visit the Western Hills and a temple carved out of the mountainside. In the town of Dali, we explore ancient streets surrounded by remnants of the city wall that once protected inhabitants from invaders. In the background, the Cangshan Mountains rise to

FACTS & HIGHLIGHTS

- 15 land days • Maximum 16 travelers • Start in Kunming, finish in Chengdu • All meals included • Includes 1 domestic flight • Visit ancient Dali and Lijiang • See the Stone Forest • View the Upper Yangtse and Mekong • Explore Lijiang — a UNESCO World Heritage Site • Boat ride on Lake Erhai • Travel to the Tibetan Plateau • Visit the UNESCO Panda Breeding Sanctuary

DEPARTURE DATES & PRICE

✔ **Apr 28 - May 12, 12 - \$3495 USD**

Sep 17 - Oct 01, 12 - \$3495 USD

Apr 28 - May 12, 13 - \$3595 USD

✔ Guaranteed departures

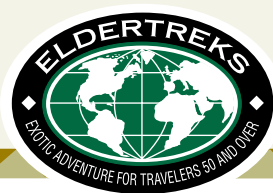
Activity Level: 2

Comfort Level: 5 days over 9,000 feet. Some rough/dusty, windy roads and long drives.

ACCOMMODATIONS

Comfortable hotels with private bathroom facilities.

ELDERTREKS



SMALL GROUP
EXOTIC ADVENTURES
FOR TRAVELERS 50 PLUS

snowy heights. We cruise on beautiful Erhai Lake before traveling to the town of Lijiang and walking along footpaths over ancient canals and alongside merchant shops.

We make our way to higher altitude as we begin our journey to Zhongdian and Dêqên on the Tibetan Plateau. We encounter Tibetans in their traditional villages, plowing fields with yaks in this truly rugged, spectacular and seldom-visited Shangri-La.

Finally, we board a plane to Chengdu in Sichuan province, where we conclude our trip with a visit to the UNESCO Panda Breeding Sanctuary.

Combines with...

China and Tibet departures. If traveling via Bangkok, you can add Angkor Wat or Thailand Southern Islands.

DAY 1 ARRIVE IN KUNMING

Upon arrival you are transferred to our centrally located hotel. The remainder of the day is free to explore the city on foot. Dinner and overnight at our hotel in Kunming.

DAY 2 STONE FOREST AND KUNMING

This morning we drive to the Stone Forest to view the strange rock pinnacles that resemble trees. In the afternoon we explore a Sani minority village. After dinner we attend a performance that highlights Yunnan provinces' ethnic minorities. Overnight in Kunming.

DAY 3 WESTERN HILLS AND KUNMING

In the morning, we head out to the Western Hills a few miles outside the city. The hills are set on the





shores of Lake Dianchi. We follow the pathway that takes us through a series of famous temples built on the hillside, some of which are carved into the side of the cliff and are filled with sculptures and grottoes. After lunch we walk through the Bird and Flower market, followed by a visit to the Golden Temple. This temple is the largest bronze temple in China and the cradle of Taoism. Time permitting we attend a tea tasting. Overnight in Kunming.

DAY 4 DALI, LAKE ERHAI, THREE PAGODAS

Taking advantage of the new highway, we leave in the early morning for Dali which is 360 km northwest of Kunming, and the bus ride will take about 5 hrs. Arrive at Dali for late lunch.

Dali is an excellent example of what ancient Chinese cities looked like. There are still remnants of the old wall that once protected it, and there are several fine gates through which people and vehicles still enter today. Dali's main inhabitants are the Bai people who have lived in the area for over 3000 years. Dali is

spectacularly set against the Cangshang Mountains (13,000 ft/3,962 m) and on the shores of Lake Erhai (6000 ft/1,829 m).

After lunch, we visit the 9th century Three Pagodas and have the chance to wander around the lovely old town in the late afternoon. Overnight in Dali.

DAY 5 DALI

Our day begins with a boat cruise on Lake Erhai. We stop at Golden Shuttle Island to see the local seafood market. In the afternoon we take the Cangshan Ropeway (chairlift) for a birds eye view of Dali and the lake far below and then visit the only Catholic Church in Old Town with a history of over 100 years. Overnight in Dali.

DAY 6 TO ZHONGDIAN VIA XIZHOU MARKET

Today is a long driving day but the beautiful scenery more than makes up for it. As we make our way north to Zhongdian, we head into Northern Yunnan's rugged landscape.

Our first stop is Xizhou where we admire the distinctive Bai architecture characterized by open courtyards surrounded by rooms and walls that reflect the light into the surrounding rooms. We also stroll through a local market and visit a family “tye dye” workshop in nearby Zhoucheng. The Bai are renowned for their impressive “tye dye” skills. Overnight in Zhongdian.
(Altitude: 10,827 ft/3,300 m)

DAY 7 TO DÊQÊN VIA THE BAIMANG PASS

We continue up to the Tibetan plateau along winding mountain roads. The scenery is breathtaking — grand vistas of mountains, prayer flags and stupas abound. We cross over the Baimang Pass (14,009 ft/4,270 m) and encounter the Tibetans who reside in this remote area. Overnight in Dêqên. (Altitude: 11,155 ft/3,400 m)

DAY 8 MINGYOMG GLACIER, FEILAI TEMPLE

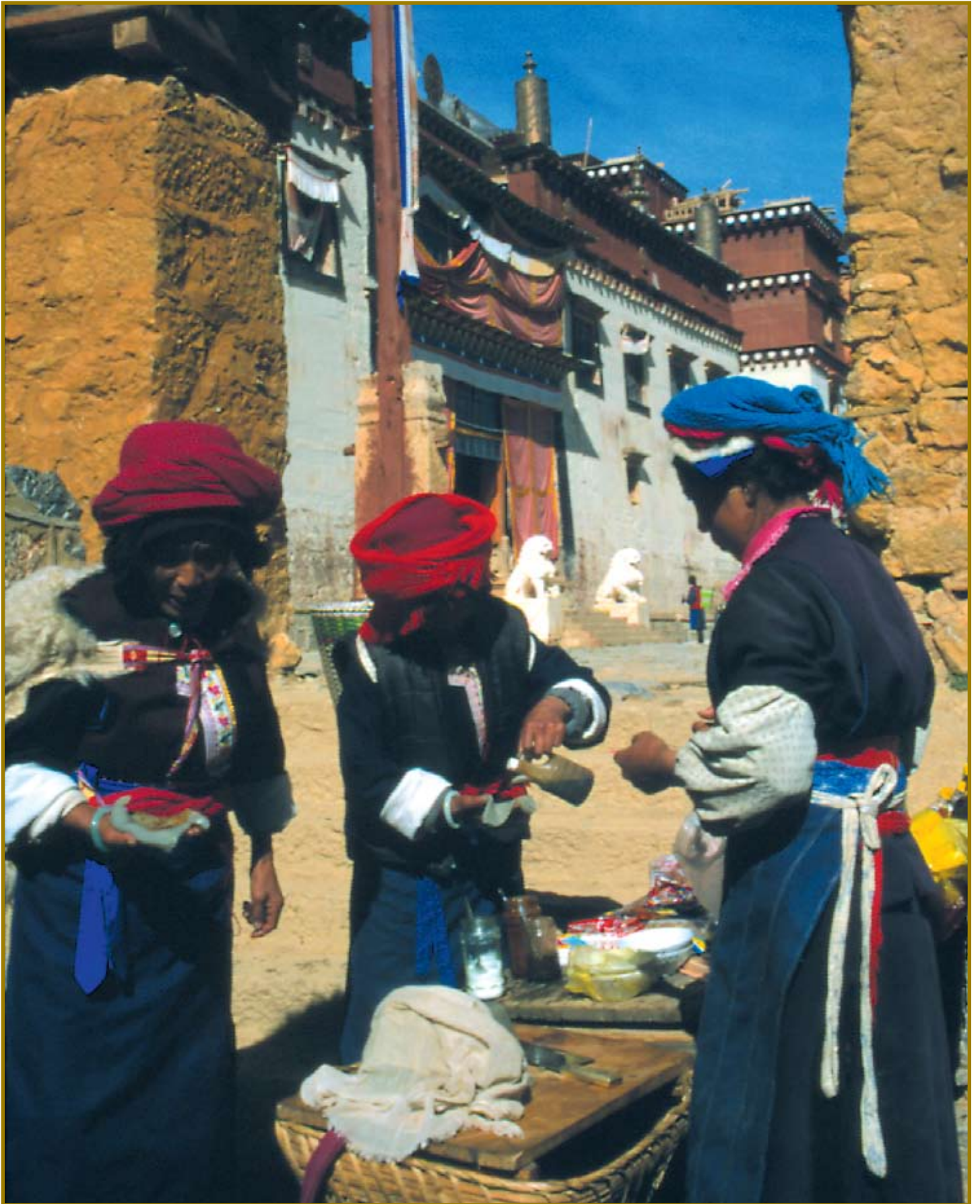
Today we have a scenic drive to Mingyomg Glacier. Local Tibetans lead us up the pathway on horses. We are rewarded with views of the 1.2 million-year-old glacier and a small Buddhist temple. We walk down a different route and after a late lunch visit Feilai Temple.

This evening we attend a song and dance performance and try some barley wine and yak butter tea. Overnight in Dêqên. (Altitude: 10,155 ft/3,400 m)

DAY 9 EXPLORE THE TIBETAN-HIMALAYAN REGION, RETURN TO ZHONGDIAN

A short drive brings us to the Dêqên county Tibetan welfare school. We meet Anui, the inspirational founder of the school and learn of his quest to keep the Tibetan written language and culture alive. Our group





interacts with the students and may be asked to help teach an English lesson! Next stop is the interesting small local market.

After lunch we make our way back to Zhongdian through spectacular mountain scenery. Overnight in Zhongdian (Shangri-La). (Altitude: 10,827 ft/ 3,380 m)

DAY 10 TO LIJIANG, TIGER LEAPING GORGE

En route to Lijiang, our first stop is Tiger Leaping Gorge. Legend has it that a tiger pursued by a hunter, leapt to freedom using a rock at the bottom of the gorge. It is here that the mighty Yangtse is squeezed between two massive walls of rock creating a roaring spectacle of water.

In the afternoon we see the first bend of the Yangtse and visit Stone Drum village, which at over 1000 years old is the oldest Naxi village in the region. We

see the 700-year-old Stone Drum and admire the architecture. Overnight in Lijiang.

DAY 11 LIJIANG — YUFENG TEMPLE, TRADITIONAL NAXI VILLAGE

Lijiang is a major center of the Naxi people, a minority descended from Tibetan nomads who live in a matrilineal society, of which many of the old customs survive to this day. They have inhabited this region for well over a thousand years and have their own written language that uses a unique system of pictographs.

Today we visit Yufeng Temple and the village of Yuhu, where Dr. Joseph Rock, one of the first foreign botanists, lived with local people for over 12 years. A visit to his old house will tell you more about Lijiang.

Next, a short drive takes us to Longquan, a picturesque traditional Naxi village. We have our lunch and enjoy a walk through the old town. This evening we attend a Naxi cultural performance. Overnight in Lijiang.





DAY 12 LIJIANG — BLACK DRAGON POOL, FLY TO CHENGDU

The old town of Lijiang has been declared a UNESCO World Heritage Site, due to its historic architecture and layout. Here, you find serpentine walkways, footbridges and small canals that make for wonderful exploration. From here we head back to Black Dragon Park to enjoy the tranquil surroundings (gardens, pagodas and pools).

The afternoon is at leisure to stroll the charming old town, shop or relax till our flight to Chengdu. Overnight in Chengdu.

DAY 13 CHENGDU CITY SIGHTS

Our day in Chengdu starts with a visit to the newly opened Jinsha Pre-Historic Museum, followed by a visit to the 600 year old Wenshu Temple and Dufu

Cottage, the restful getaway of the famous poet. Overnight in Chengdu.

DAY 14 UNESCO PANDA BREEDING SANCTUARY

On the outskirts of Chengdu we visit the famous UNESCO Panda Breeding Sanctuary. We spend the morning watching the bamboo-eating Giant Pandas, as well as the brilliant-colored Lesser Pandas.

The afternoon is at leisure. Tonight for our farewell dinner we sample the legendary local Sichuan hotpot (spicy/non spicy options). Overnight in Chengdu.

DAY 15 DEPART CHENGDU

The Yunnan adventure concludes with a transfer to the airport to catch our international flights home-ward, or connect to our Tibet program and fly to Lhasa, Tibet.





Three Pagodas Dali



Himalayan mountains





QUESTIONS & ANSWERS

1. HOW BIG ARE THE GROUPS?

Each group is limited to 16 participants. Small groups are an important ingredient in adventure travel. They allow for more interaction and more personalized service throughout the itinerary.

2. WHAT IS INCLUDED IN THE TOUR PRICE?

All accommodations throughout; all meals, starting with dinner on day 1 and finishing with breakfast on departure day (i.e. the last day of the ElderTreks tour); bottled drinking water throughout the trip; all internal transportation; airport transfers on day 1 and departure day (i.e. the last day of the ElderTreks tour); all day trips and entrance fees as outlined in the itinerary; tips for hotels (portage) and bus driver, restaurants and spot guides; services of a trip leader.

3. WHAT IS NOT INCLUDED IN THE TOUR PRICE?

International flights, tips to ElderTreks tour leader, national guide, alcoholic drinks, visa's and travel insurance.

4. ARE THESE "EDUCATIONAL" TOURS?

Yes, in the broadest sense of the word, "educational". We visit cultural centers and historical sites, and have talks and discussions on many aspects of history, culture and nature. But this is only a portion of the educational experience. We believe that it is equally educational to meet local people on a non-commercial basis, visit their homes and even try to learn a few words in the native language. Sometimes the most "educational" moments are spent sipping a cold drink in a street market or trying some newly learned Chinese phrases.

5. HOW DO WE TRAVEL DURING THE TOUR?

All local transportation is included in the land price of the trip. We use minivans or bus for our land travel; we take a boat cruise on Lake Erhai and fly from Lijiang to Chengdu. Please note: We spend several days traveling on winding mountain roads (paved and dirt).

6. WHAT ARE OUR ACCOMMODATIONS LIKE?

We always stay in good accommodations — both hotels and lodges, where rooms have a private bath or shower.

7. WHAT ABOUT THE WEATHER?

Yunnan enjoys one of the most pleasant climates in China — Kunming is known as the 'city of eternal spring'. We travel to Yunnan in spring and autumn, which are the best

times to visit. Temperatures range from the mid 60s°F (16°C) to the mid 70s°F (21°C) and rainfall is moderate. Rainfall, however, can occur throughout the year. At the higher altitudes, it is generally in the 60s – 70s°F during the day but can drop into the 30s or 40s°F at night, so remember to bring clothing that you can layer.

8. WHEN IS PAYMENT DUE?

A non-refundable deposit of \$500 or £300 GBP (plus insurance if you require it) is due at time of booking and will reserve your place on the adventure. Payment of the full land cost is due 100 days before departure. Cancellation charges are applicable and are outlined in the "Terms and Conditions" section of our brochure.

9. IS MEDICAL INSURANCE REQUIRED?

Insurance coverage is not included in the cost of your trip. Please note that medical insurance is not required for this adventure but is recommended. ElderTreks offers comprehensive travel insurance and we are happy to provide you with a quote if you call our office. If you are purchasing insurance elsewhere, please ensure you provide the details to ElderTreks as soon as possible.

**Please note those travelers with pre-existing medical conditions must take out travel insurance at the time of deposit*

10. WHAT SHOULD I TAKE ON THE TOUR?

There is a detailed "What to Take" list in our Trip Kit, which we will send to you after you have booked the trip.

11. WHAT MEALS ARE INCLUDED?

All meals during the itinerary are included, starting with dinner on day 1 and finishing with breakfast on departure day. We eat a variety of local foods prepared in a wide range of settings. In many cases, we simply order a number of dishes and share, allowing you to sample new foods.

12. CAN YOU ARRANGE MY FLIGHTS?

We would be happy to take care of your air arrangements. ElderTreks offers personalized flight itineraries — not group flights. Stop over en route, come in a few days early, or extend your stay. Call us for a customized itinerary.

13. WHAT IF I WOULD LIKE MORE INFORMATION?

If you have any further questions about the trip, please do not hesitate to contact our office for additional information. A Trip Kit containing further details on the destination will be sent to you once you have booked the trip.

