

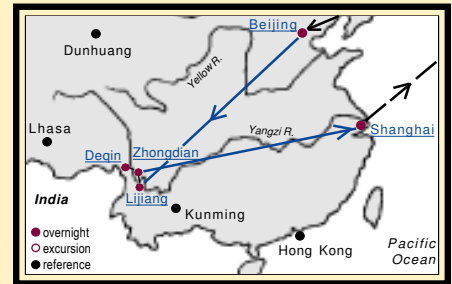
Shangri-La Hiking & Tibetan Villages

For centuries, legends abound of the mystical mountain paradise of Shangri-La, its location never disclosed. You can now hike through the actual locales that inspired these legends – Lijiang Old Town • Yulong Snow Mountain • Tiger Leaping Gorge • Tibetan Villages • Meili Snow Mountain • Bita Lake • Yongming Glacier • Lancang (Mekong) River Valley

11 Days (Tour Code–ASH)

Arrive	May18	Jun15	Sep14	Oct12
Return	May28	Jun25	Sep24	Oct22
Land Price in USD	3,870	3,870	3,950	3,950
Single Supplement	690	690	730	730

- Land prices are per person, double occupancy in first class or best available hotels. Prices include China air & ground transportation, guide, all transfers, all sightseeing and hiking activities, cultural events, most meals, and visa processing.
- Land price does not include cost for international flights. For assistance on international airfare to China, please contact us by dialing 1-800-788-1399.
- This tour is fully escorted (for a group of 6 or more travelers) during the days of touring & hiking in Yunnan Province by a private English-speaking professional tour & hiking guide. Actual hiking time ranges from 4 to 6 hours per day.



Day 1 Beijing

Upon arrival at Beijing Capital Airport, you are met and transferred to your hotel. Meet your fellow travelers at the Evening Reception.

<Evening Reception> **Park Plaza Beijing Wangfujing**

Day 2 Beijing → Lijiang

Early morning transfer to the airport and fly across the breadth of China from Beijing to Lijiang in southwestern Yunnan (Southern Clouds) Province.

Designated in 1997 by UNESCO as a World Cultural Heritage Site, Lijiang has always been the center of ethnic Naxi People's homeland. The Naxi are a minority group of ancient Qiang ancestry. The old town today still maintains its traditional layout with hundreds of old stone houses and scores of bridges spanning dozens of creeks and canals rushing down from the lofty mountains.

After a rest, explore the **Old Town of Lijiang** with wonderful strolls through a maze of cobble stone streets flanked by characteristic Naxi architecture. Finish the day at **Black Dragon Pool Park** and its informative Naxi



A 180 degree turn of the Yangzi River at Shigu Town near Lijiang

Culture Center.

Enjoy a delicious **Local Cuisine Dinner**.

<B-L-D>

Lijiang Wangfu Hotel

Day 3 Lijiang

The destination of today's hiking is the mighty **Yulong Snow Mountain**, towering 5590 meters (18,355 feet) to the north of Lijiang. You will start the hike from **Baisha Village**, where ancient murals can be seen in a village temple. Later arrive at **Yufeng Temple**, a charming Tibetan Buddhist monastery which has a distinctive combined architectural style of Han Buddhism, Tibetan Buddhism, Taoism and the local Naxi Dongba Religion due to the cultural communion between different ethnic groups in the region. In its courtyard, a 400-year old **camellia tree** attracts visitors in spring and early summer with a blossom of beautiful flowers.

Ascend the mountain along trails and later by cable car to reach the **Yak Meadow**, over 4500 meters (14,750 feet) high. Absolutely stunning views of the snowy peaks towering above and lush green valleys below abound.

Return to the old town in the afternoon and the rest of the day is free for your own recuperation or exploration.

<B-L>

Lijiang Wangfu Hotel

Day 4 Lijiang → Walnut Garden

Today travel to the town of **Shigu** located at the south bank of the mighty Yangzi River. From Shigu you hike up a mountain to get a dramatic view of the **Big Bend of the Yangzi**, a sharp 180 degree turn of the river that causes the Yangzi to flow north-east all the way through central China, and into the Pacific ocean near Shanghai.

Next, drive along the banks of the Yangzi to reach Qiaotou village. We bid farewell to our vehicle here and begin a dramatic hiking experience into the magnificent **Tiger Leaping Gorge** of the Yangzi River. Here, the turbulent Yangzi, the third longest river in the world, forces its way along the deep canyon, roaring across huge boulders and cutting through the twin Snow Mountains of Yulong and Haba.



Haba Snow Mountain near Zhongdian, Yunnan



A small street in the old town of Lijiang

Enjoy the unparalleled dramatic scenery with an exhilarating hike along the gorge trails. Spend the night in the quaint village of **Walnut Garden**.

<B-L-D>

Shanbailian Inn

Day 5 Walnut Garden → Haba Village

After breakfast in the village inn, continue our hiking towards the village of Jiangbian. Enjoy the breathtaking scenery of **Lower Tiger Leaping Gorge** along the way.

Meet up with our driver and vehicle in Jiangbian and drive to remote **Haba Village** at the foot of **Haba Snow Mountain**. After lunch, start our hiking on the lower slopes of Haba. Standing at 5396m (17,700 feet), Haba Snow Mountain's lower slopes are covered with flowers of all colors and trees of many species. Haba (means *golden flower* in Naxi language) stands face to face with the Yulong Snow Mountain (Jade Dragon). These two famous mountains are separated by the raging waters of the mighty Yangzi River, forming the magnificent Tiger Leaping Gorge. There are few vistas on earth as spectacular as this. Spend the night in a local lodge and enjoy a **home-made style dinner**.

<B-L-D>

Haba Snow Mountain Lodge

Day 6 Haba Village → Zhongdian

Travel by private vehicle to **Baishuitai**. Hike into the hills and behind the white limestone terraces. The stairs of pools of blue and white water is full of calcium phosphate and forms crystals as it runs over the edge of the natural limestone terraces that are resplendent in the sunlight. This idyllic area is considered very sacred by the local Naxi.

Continue your journey on the scenic road and arrive at Zhongdian in the afternoon. Before checking into the hotel, we go to the enchanting **Bita Lake Nature Reserve** for a hike through meadows and wild flowers. The 840 square kilometers surrounding the lake is a Nature Preserve teeming with unique wildlife. Various kinds of fish live in the waters of the lake, including the extremely rare “Bita Double-Lip Fish”, a living fossil species left from previous ice ages. In early summer, vibrant rhododendrons and other flowers of all colors bloom across the mountain slopes.

In late afternoon, take a walking tour of charming **old town Dukezong** and enjoy a **local cuisine dinner**.

<B-L-D> **Gyalthang Dzong Hotel**

Day 7 Zhongdian → Deqin

Travel to Deqin on the edge of Tibet this morning. On the way visit the magnificent **Songzanlin Monastery**, a charming temple located in a village outside Zhongdian.

Next stop is **Napa Lake** for a short hike and picture taking. The mountainous journey to Deqin takes more than half a day, but the dramatic landscapes that inspired the legend of Shangri-La are incomparable. Visit a few **temples** and **small villages** and meet the local residents before arriving in Deqin.

<B-L-D> **Deqin Rainbow Hotel**

Day 8 Deqin

Only 80 kilometers from Tibet by road, Deqin is a Tibetan town located in the Lancang River valley and traditionally has been Yunnan’s most remote corner.

The main attraction in Deqin area is the **Meili Snow Mountain** (Kawagebo in Tibetan), to the west of town. Soaring 6,740 meters (22,107 feet) into the sky, Meili is the tallest mountain in Yunnan and has never been climbed despite several fatal attempts. The Tibetan



Yubeng Village and Yongming Glacier on Meili Snow Mountain, Deqin



The Goddess Peak of Meili Snow Mountain in Deqin

people regard Meili as one of its most sacred holy mountains, each fall thousands come from afar to celebrate and to worship the sacred mountain.

Travel by road to **Yubeng Village** and from there we will hike for several hours to get different view of the 13 peaks of the Meili (many over 6,000 m/19,700 ft) and approach the Yongming Glacier, a subtropical oddity that is threatened by global warming. Today will be the most challenging hike on this tour as some parts of the trails are quite rough on the mountain slopes. You must be well prepared for this unforgettable hike into the mythical Shangri-La.

<B-L-D> **Yubeng Village Inn**

Day 9 Deqin → Zhongdian

After breakfast, we leave the shadow of Meili and head back towards Zhongdian. Between the Yangzi River and the Lancang River is the **Baimang Snow Mountain Nature Reserve** with perennial snow-capped peaks, the highest peak being Zhalaqueni at 5,640 meters (18,500 feet) above sea level. The reserve is full of primeval forests and rich and diverse animal and plant species. Your hike through the unique eco-system of Baimang forests will reveal many rare lifeforms nurtured by the steady rainfall and warm winds generated by the Indian Ocean.

Arrive in Zhongdian in late afternoon. Check in your hotel and take a well earned rest.

<B-L> **Gyalthang Dzong Hotel**

Day 10 Zhongdian → Shanghai

Morning transfer to the airport and fly to Shanghai via Kunming. Met upon arrival and transfer to hotel.

Enjoy a group farewell dinner featuring **Shanghai Cuisine** in a local restaurant.

<B-D> **Astor House Hotel Shanghai**

Day 11 Return Home

Transfer to the airport and board your homebound flight. Arrive in North America on the same day.