



桂林中青旅国际旅游有限公司特色旅游部

**China Expedition Tours, A Division of CYTS International Tours Co., Ltd. Guilin**

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## East China Leisurely Cycling Tour

<http://www.chinaexpeditiontours.com/china-tours/east-china-leisurely-cycling-tour.html>

**Tour Code:** CET-BK07

**Length:** 5 days and 4 nights

**Cities Visited/Stayed:** (Beijing), Hangzhou, Suzhou, Shanghai, (Beijing)

**Highlight Attractions:** West Lake, Humble Administrator's Garden, Zhouzhuang, Yu Yuan Garden, The Bund

**Experience & Features:** Biking the West Lake, Biking in Suzhou, Biking in Shanghai, Children's Palace

There is an old saying, "In heaven, there is paradise; on earth there are Suzhou and Hangzhou". You can experience fairylands Suzhou and Hangzhou by bike, which is the most popular means of transportation in China and means a healthy lifestyle nowadays. Enjoy a fantastic cycling tour to the picturesque West Lake in Hangzhou and have a leisurely cycling trip around famous Zhouzhuang. Our tour ends in the largest city of China-Shanghai, which will amaze you by its modern atmosphere and traditional culture and art.

### Itinerary

#### Day 1: Beijing-Hangzhou

Welcome to Hangzhou. Upon your arrival, our representative will meet you at the airport, and transfer you to the hotel. The rest of the day is on your own for you to relax and prepare for the next day.

Stay overnight in Hangzhou.

**Meals:**

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#### Day 2: Hangzhou

Today we have a **[cycling tour to the West Lake]**. It is undoubtedly the most renowned feature of Hangzhou, noted for the scenic beauty that blends naturally with many famous historical and cultural sites. Sitting in a boat wandering on the river, enjoy the beautiful scenery. Solitary Hill, the Mausoleum of General Yue Fei, the Six Harmonies Pagoda and the Ling Yin Temple are probably the most frequently visited attractions in this scenic area. This afternoon we pay a visit to **[Hefang Old Street]**, a well-designed old pedestrian street which is the epitome of old Hangzhou. Shops selling art crafts, souvenirs, silk, teahouses, and restaurants line on both sides of the street. Many famous century-old shops including Hu Qing Yu Tang, Wang Xingji Fans can be found along the street. The Street is otherwise known as the Snack Street for the diverse food it serves. You can choose to try some of the local flavors.

Stay overnight in Hangzhou.

**Meals:** (B/L)

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### Day 3: Hangzhou-Suzhou

This morning we go to Suzhou. Enjoy a leisurely **[cycling trip around Suzhou Old Town]**. Then go to enjoy the **[Humble Administrator's Garden]**-the largest private garden in Suzhou, as well as one of the four most famous classic gardens in China. Humble Administrator's Garden is a typical example of the art of horticulture south of Yangtze River as well as a treasure house containing arts of architecture, calligraphy, carving, painting, and bonsai. Then we drive to **[Zhouzhuang]**-one of the most famous water townships in China, only 30 kilometers (18 miles) southeast of Suzhou. It is noted for its profound cultural background, the well preserved ancient residential houses, the elegant watery views and the strong local colored traditions and customs. It abounds with rivers and lakes. . You can see that all the houses in the town, built with sidewalks along canals have formed a web of water lanes. Stone bridges and overhanging towers span the waterways to provide free passage for the local people. Afterwards, we drive back to Suzhou.

Stay overnight in Suzhou.

**Meals:** (B/L)

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### Day 4: Suzhou-Shanghai

This morning we go to Shanghai. After a short rest, we start our trip to the **[Yuyuan Garden]**, where you find more delicate handicrafts and tasty Chinese snacks. Also include a visit to the **[Jade Buddha Temple]**, an elegant structure famous for its Buddha statue which is carved of solid white jade and decorated by jewels. Lunch is arranged at a characteristic Shanghai restaurant. After lunch our guide takes you to the **[Outer Bund]**, for a grand view of Shanghai and you may marvel at how modern this metropolis is while still containing its old traditions. Enjoy a walk on the **[Nanjing Road]**, the most prosperous commercial street. You can find lots of world famous brands setting along the street and enjoy a good time in shopping.

Stay overnight in Shanghai.

**Meals:** (B/L)

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### Day 5: Shanghai-Beijing

This morning we discover more about Shanghai, visit the **[Children's Palace]** (when in session), there you may see children playing music instruments or dancing. After lunch we drive to the airport for a pm flight to go back Beijing.

**Meals:** (B/L)

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## Service Generally Included

**Entrance/ Performance/ Other Tour Activity Fees:**

Admission fees for the scenic spots, attractions, performances and other tour activity expenses specified in square brackets [ ] in the itinerary

**PLEASE NOTE:**

ONLY those items that are specified in SQUARE BRACKETS [ ] in the itinerary are INCLUDED in the quote.

**Meals:**

All meals specified in the itinerary are included. (B=Breakfast; L=Lunch; D=Dinner)

Breakfast is usually a buffet served in the hotel. We endeavor to ensure that a choice of western and Chinese breakfasts is supplied, however there may be occasions when only a Chinese breakfast is available in some remote locations.

**Private Transfers:**

Transfers between airports, hotels and scenic spots while sightseeing in the destinations cities by private air conditioned vehicle with a driver and English-speaking guide (as listed above).

**Guide:**

As outlined in the itinerary an English-speaking guide and driver will be provided in each city, who will remain with you throughout your time in that city. A new guide and a new driver will meet you at each city on your tour, to provide you with the best local knowledge available.

**Hotels:**

Hotel fees are based on two people sharing one room with twin beds.

All hotels serve daily western or Chinese breakfast. All rooms are air-conditioned with private facilities unless specified.

**Transportation:**

There are two domestic flights for the whole tour.

All the ground transport in each city is included.

**Airport Tax and Fuel Fee**

**Service Charge & Government Taxes**

**Luggage Transfers:**

Between airports and hotels.

**Travel Liability Insurance**

**Service Generally Excluded**

**International Airfare or Train Tickets to enter or leave China.**

**China Entry Visa Fees**

**Excess Baggage Charges:**

For economy class, passengers holding an adult fare or half fare ticket are entitled to a free baggage allowance of 20kg. Total weight of carryon baggage for each passenger may not exceed 5kg. The size may not exceed 20x40x 55cm.

**Personal Expenses:**

Expenses of a purely personal nature such as laundry, drinks, fax, telephone calls, optional activities, sightseeing or meals which are not included in the tour itinerary.

**PLEASE NOTE:**

Scenic spots, attractions, performances and other tour activity that are mentioned in the itinerary WITHOUT SQUARE BRACKETS [ ] are EXCLUDED.

**Meals:**

Any meals that are not specified in the tour itinerary.

**Single Room Supplement**

## Trip Notes

### How to Pack up for This Tour

We suggest that each person packs up one rollable suitcase with the weight under 20 kg/44lb. You will also need a day pack/bag to carry water, cameras and other electronics like iPods and mobile phones.

We can provide you with bicycles locally in places where we have bike tours. If you are really bicycle enthusiast, for sure you can bring your own bicycle, but better a folding and light one which is easy to carry when not in use. Remember to keep safety in mind while riding bicycle in any place.

The following cyclist's checklist will help to plan your bicycle tour. Not all items listed will be needed on this trip. Pack only what you need.

**Bicycle** (We can provide you with common bicycles in this tour)

- Water bottles and carriers
- Rear pannier carrier and bags
- Front pannier carrier and bags
- Handlebar bag
- Front light with spare batteries and bulb
- Security lock
- Extra straps or bungee cords to secure gear

**Clothing**

- Bike helmet
- Long underwear
- Cycling shorts
- T-shirt
- Sweater
- Insulated hat
- Warm Jacket
- Cycling gloves
- Rain suit (jacket and pants)
- Gloves
- Windbreaker
- Cycling shoes
- Camp / hiking shoes

## **Miscellaneous**

Wrap-style sunglasses  
Multi-tool knife  
Compass  
Waterproof matches  
Sunscreen  
Insect repellent  
Nylon cord  
Sewing kit  
Camera and film

## **A Common Checklist**

**It's only for reference and you may not need all of them. Choose from below according to the tour you pick up:**

Passport (with photocopies)  
Travel insurance (with photocopies)  
Airline tickets (with photocopies)  
USD cash and travelers checks  
Credit or debit card (see personal spending money)  
ChinaExpeditionTours vouchers and trip dossier  
Any entry visas or vaccination certificates required  
Day pack for daily personal items  
Wet wipes / Moist towelettes  
Alarm clock  
Flashlight  
Sun hat, Sun block, Sunglasses  
Insect Repellent  
Water bottle and Plastic mug for train journeys  
Ear plugs for train journeys or light sleepers  
Small towel and swim wear  
Toiletries (biodegradable)  
Sturdy walking shoes/Sport sandals  
Money belt  
Shorts for summer months (June – September)  
Long pants  
Shirts/T-shirts  
Warm clothes for Nov-April. Fleece, Jacket, hat and gloves  
Umbrella or waterproof jacket.  
Cover for backpack or plastic bags to keep clothes dry.  
Camera, film and memory chip  
Reading/writing material  
Binoculars  
Pocketknife  
First-aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases)

of diarrhea, re-hydration powder, extra prescription drugs you may be taking).

### **Local Dress**

Generally speaking, the dress standard is more conservative in China than it is in western countries. Things also changes quickly, nowadays the young Chinese share the same hobbies with their western counterparts. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of summers. In predominately Buddhist and Muslim regions we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or mosques or other holy sites.

### **Spending Money**

Every traveler is different and therefore spending money requirements will vary. Some travelers may drink more than others while other travelers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

### **Money Exchange**

As currency exchange rates in Asia fluctuate often we ask that you refer to internet for the recent exchange rates. There are many ATM machines that accept both Visa and MasterCard and other credit cards in most Chinese cities. We also recommend the use of cash and travelers checks in USD currency. Major credit cards are accepted in big shops but they may charge a 2-4% transaction fee. For the small shops and the street venders, they take cash (either Chinese Yuan or US dollar) only.

### **Meals**

Eating is a big part of your traveling in China. Travelling with ChinaExpeditionTours you experience the vast array of wonderful food that is available out in the world. Generally breakfasts and lunches are included except dinners to give you the flexibility in deciding where, what and with whom to eat. Your group leader or local guide will be able to suggest favorite restaurants during your trip.

### **Emergency Fund**

Please also make sure you have access to at least an additional USD200 (or equivalent) as an "emergency" fund, to be used when circumstances outside our control, necessitate a change to our planned route. This is a rare occurrence!

### **Tipping**

It is customary to tip service providers in travel industry in Asia, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. Recommendations for tipping local guides would range from \$6-\$10 USD per person per day depending on the quality and length of the service, for driver, it could be half. If necessary, ask your tour leader or call your ChinaExpeditionTours tour advisor for specific recommendations based on the circumstances. If you have a tour leader for the whole tour, at the end of the trip if you felt he/she did an outstanding job, tipping is appreciated. The amount is entirely a personal preference. However as a guideline \$6-10 USD per person, per day can be used.

## **Local Flights**

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets.

## **Laundry**

Generally laundry facilities are offered by our hotels for a charge. You also can go to a laundry service center near your hotel to have your clothing washed at a lower cost. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## **Safety and Security**

We can make bicycling safer for all by observing the following safety tips: first, always wear a helmet, second, obey all traffic controls, third, always use hand signals when turning or stopping, and more, and look out for cars at cross street, driveways, and parking places. You need to be careful when checking traffic and don't swerve when looking over your shoulder.

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travelers' checks, cash and other valuable items. Many of the hotels we cooperate with have safety deposit boxes which are the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. When travelling on a trip, please note that your group leader or local guides has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your leader or local guides will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your group leader or local guides will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time.

## **A Couple of Rules**

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of China but also puts the rest of the group at risk. Smoking marijuana and opium is not acceptable for ChinaExpeditionTours travelers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. Use of illegal drugs is completely contrary to this philosophy and local law. Our group leader or local guides has the right to expel any member of the group if drugs are found in their possession or used.

## **Health**

If you want to fully enjoy your trip abroad, a good health and confidence in physical strength are important. This trip may contain a fair amount of walking up and down steps in towns or climbing mountains. You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our leaders or local guides are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In China pharmacies tend to stock the same western

drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting a tour please carefully read the itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings in this dossier for trip specific information. For travelers over 70 years a completed Medical Form is highly suggested to bring forth. ChinaExpeditionTours reserves the right to exclude any traveler from all or part of a trip without refund if in the reasonable opinion of our group leader or local guides they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

## **Medical Form**

It is very important you are aware that, as a minimum, an "average level of fitness and mobility" is required to undertake our easiest programs. Travelers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own bags at a minimum. Travelers over the age of 70, or travelers with a pre-existing medical condition, are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that senior travelers have the necessary fitness and mobility to comfortably complete their chosen trip. While our leaders or local guides work hard to ensure that all our travelers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided.

## **Travel Insurance**

Travel insurance is compulsory in order to participate on any of our trips. You must have comprehensive travel insurance that covers you for medical costs associated with hospitalization, emergency travel and repatriation back to your home country. Please take your insurance policy with you when you travel. You may take other cover, of course, but we require you to be adequately insured before we can allow you to participate in our programs. Your ChinaExpeditionTours leader or local guides will need to see and record your policy details at the pre-tour briefing at the starting city, so please bring a copy along to the meeting. If you arrive without travel insurance your tour leader or local guide will require you to purchase a policy before you continue your journey with us.

If you are covered by a policy arranged through your credit card company you will be asked to provide evidence of this cover, as well as a 24-hour emergency contact number. Many credit card companies do not provide an insurance policy number. In this instance, the tour leader or local guides will need to record your credit card number, as this is required to activate any request for emergency assistance. You should also bring along the travel insurance information booklet provided by your credit card company. It is your responsibility to ensure that you meet the requirements set out by your credit card company in order to be effectively covered and that the cover offered is of a suitable standard.

## **Passport & Visas**

Well before travelling, please ensure that you have a current passport, with an accurate photo, that is valid for at least six months after your scheduled return home. Also check that your airline tickets are in exactly the same name as your passport.

Please note that visas for China and Hong Kong are the responsibility of the individual traveler. The visa requirements for your trip vary depending on where you are from and where you are going. Americans, British, Canadians, Australians and New Zealanders do currently require a visa for China. For all other nationalities please reconfirm your visa requirements with your government. For the most up to date information please check your

governments' foreign ministry website. It is important that you check for yourself. For most travelers there will probably have an embassy and consulate in the country that you live in. **Please note if you are travelling from China, into Hong Kong then back into China, you will need a double entry Chinese visa.** Note that on some occasions people transiting through China on way to Hong Kong have been made to go through immigration and had their single entry visa stamped making this invalid. Do not allow your visa to be stamped if you are only going through transit.

### **Keeping in Touch**

If you need to be contacted while travelling we recommend that you set up an email address that can be accessed on the road, rather than relying on postal mail. Email cafes are becoming increasingly commonplace and cheap throughout the country, and have quickly become the preferred way for our leaders and travelers to stay in touch. If someone wishes to contact you in an emergency while you are on one of our trips we recommend that they contact us so we can get into touch with your tour leader or local guide quickly by their cell phone and they can pass their cell phone to you! We recommend that family and friends don't try to contact you through phoning hotels en route, as our hotels are subject to change.

### **Feedback**

After your travels, we want to hear from you! Your feedback information is so important to us and we'll record you and give you ChinaExpeditionTours travel points so you can use the points to get discount for your next ChinaExpeditionTours trip or your friends' ChinaExpeditionTours tours.

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