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

Yunnan Old Town Discovery Tour

<http://www.chinaexpeditiontours.com/china-tours/yunnan-old-town-discovery-tour.html>

Tour Code: CET-AT06

Length: 8 days and 7 nights

Cities Visited/Stayed: (Beijing), Kunming, Dali, Lijiang, Shangri-la, (Beijing)

Highlight Attractions: The Stone Forest, Dali Ancient Town, The Ancient Town of Lijiang, Songzanlin Monastery

Experience & Features: Bai Minority Family Visit, Tibetan Family Visit, Tibetan Market

Yunnan Province, a fairy land with amazing sceneries, various minority cultures and brilliant history, attracts numerous travelers every year. This tour brings you to discover the ancient culture and constructions in Yunnan. Most of the hottest destinations are included, such as Kunming, Dali, Lijiang and Shangri-la. If you are curious about picturesque Yunnan and want to experience unique old towns, welcome to join us to unveil the mystery.

Itinerary

Day 1: Beijing-Kunming

Today you fly to Kunming from Beijing. Upon arrival, you will be met and transferred to the hotel. If time permits, we suggest you go to the Green Lake Park (Cuihu Gongyuan) -- one of the most picturesque parks in downtown Kunming. The Green Lake has so far become a stage for Kunming folk cultural shows. You can witness or experience different kinds of things in a day such as joining the exercising, Taiji and Kong Fu, and enjoy the performances of Yunnan Opera (Huadeng) staged by local people.

Stay overnight in Kunming.

Meals:

Day 2: Kunming

Let's have a day tour to the **[Stone Forest]** today. Those magnificent stone masterpieces, various strange and steep intricate formations, and countless labyrinthine vistas make Stone Forest (Shi Lin in Chinese) worthy of the fame as the "First Wonder of the World". There is a local saying goes, "It is a waste of time without being in the Stone Forest while visiting Kunming". The Stone Forest contains peaks, pillars, stalagmites, depressions, underground rivers, and caves. The fantastic stone pinnacles rising abruptly from the ground resemble a huge, dense forest. Many of the stone pinnacles are associated with legends. You will surely have a great time there.

Later this afternoon we will drive to Kunming Train Station to catch an overnight train to Dali.

Stay overnight on train.

Meals: (B, L)

Day 3: Dali

You will be picked up by your guide at Dali Train Station in the morning, and then transferred to your hotel in the Old Town. The rest time in the morning will be your own. After lunch, we will set out to visit a typical sight of Dali-the **[Three Pagoda Temple]**. As its name implies, Three Pagodas are made of three ancient independent pagodas forming a symmetrical triangle. Later you can enjoy a walk along the old street in **[Dali Ancient Town]**. The Ancient Town is dated back to the year 1382 during the Ming Dynasty (1368-1644). It is said that Dali Ancient Town was a gateway to the Silk Road in Southwest China in ancient times. When people walk along the cobble-paved streets in the ancient city, a sense of primitive simplicity and elegance will be invoked. Then we will continue to **[visit a local Bai Minority Family]** to experience the local daily life. Their traditional way of life and finished handicrafts will surely impress you. And the Bai ethnic minority traditional folk houses are the houses all with grey-green roof tiles, peculiar workshops, temples, schools and churches with an antique flavor are scattered.

Stay overnight in Dali Old Town.

Meals: (B, L)

Day 4: Dali-Lijiang

Today we depart for Lijiang by private van/car/bus after lunch. It takes 3.5 hours to drive there. The beautiful scenery on the way will surely give you some special feeling, and we may stop on the way for you to relax and take some photos. We will arrive in Lijiang by dinner time.

Stay overnight in Lijiang.

Meals: (B, L)

Day 5: Lijiang

Lijiang is the ideal destination for nature lovers and anyone interested in ancient people groups and their customs. This morning we will go to the **[Jade Dragon Snow-capped Mountain]**. The skyscraping snow-capped peaks and its imposing body and the flowing rivers under the old town provides a composing a fabulous picture. We **[take cables to climb the mountain]** and be intoxicated in the picturesque scenery. And we also organize a tour in the ancient town. Later we will head for **[Ancient Lijiang City]** which has no city walls. "The city depends on water for existence and water comes along with the city" has become one of the main features of the old town. The comfortable and peaceful living style of the local people in the ancient city is most attractive thing to people. A lot of small courtyards and houses are built by the river. The ancient style building of earth and wooden structure takes Han, Bai and Naxi styles into one, and integrates with arts and pragmatism. In addition, various flowers are planted in the courtyards, making each courtyard a small garden.

Stay overnight in Lijiang.

Meals: (B, L)

Day 6: Lijiang-Shangri-la

We will leave for Shangri-la from Lijiang by private van/car/bus after breakfast. It will be a long drive, but the scenery all the way is fantastic. On the way, we will stop to appreciate the First Bend of the Yangtze River and the Tiger Leaping Gorge. We also have a lunch stop on the half way. We will arrive in Shangri-la by dinner time.

Stay overnight in Shangri-la.

Meals: (B, L)

Day 7: Shangri-la

Today let's go to visit **[Songzanlin Monastery]** -- a famous Tibetan style Buddhist temple in China and a spiritual hub for people to discover the mystery and traditions of Tibetan Buddhism. There you can take photos of girls wearing exquisite Tibetan costumes holding perfectly white fluffy lambs against the imposing mountains and blue sky. A visit to the **[old part of the town]** and a **[Tibetan family]** are also included in today's tour. You will have the chance to appreciate the Tibetan houses built in distinctive religious styles influenced by Buddhism. Besides, you can also taste Tibetan specialties of yak butter tea, local yogurt and

Tibetan barley. Later this afternoon is on your own to walk around. We suggest you to get a feeling of local people's daily life by visiting the local market.

Stay overnight in Shangri-la.

Meals: (B, L)

Day 8: Shangri-la-Kunming-Beijing

Today we take a morning flight back to Kunming, and another flight followed from Kunming to Beijing.

Meals:

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