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

Yunnan Cycling Experience Tour

<http://www.chinaexpeditiontours.com/china-tours/yunnan-cycling-experience-tour.html>

Tour Code: CET-BK05

Length: 11 days and 21 nights

Cities Visited/Stayed: (Shanghai), Kunming, Dali, Lijiang, Tiger Leaping Gorge, Shangri-la, (Shanghai)

Highlight Attractions: The Stone Forest, Dali Ancient Town, Jade Dragon Snow Mountain (Yulong Xue Shan), The Ancient Town of Lijiang, Tiger Leaping Gorge, Songzanlin Monastery

Experience & Features: Biking in Dali, Hiking in Tiger Leaping Gorge, Biking in Shangri-la, Tibetan Family Visit

Welcome to join this amazing cycling tour to visit color Yunnan with us. Nowadays riding a bicycle, as a healthy lifestyle, becomes more and more popular. This tour takes you to visit the hottest destinations in Yunnan and riding a bicycle throughout beautiful attractions. In Kunming, enjoy a biking tour in the Green Lake Park to relax yourself. Visit Dali and Lijiang old towns by bike to experience their cultures and architectures. The Jade Dragon Snow-capped Mountain and herds of yaks and sheep on the beautiful grasslands will make you hesitate to leave. The two-day long trekking in the Tiger Leaping Gorge will be a little bit adventurous, but the sense of achievements you have eventually will make you forget your sore legs. In Zhongdian, a Tibetan family visiting is also waiting for you to visit by bicycle.

Itinerary

Day 1: Shanghai-Kunming

Welcome to Kunming. As soon as your flight from Shanghai arrives at the airport, you will be met by our representatives and transferred to the hotel. As for the rest of the day, you can plan it on your own to relax and prepare for the next day.

Stay overnight in Kunming.

Meals:

Day 2: Kunming

Today we are going to the **[Green Lake Park]** (Cuihu Park), one of the most picturesque parks in downtown Kunming. The park is the assembling place for all kinds of exhibitions as well as the place for local residents to come for few hours' leisure. Every winter in November and December, many red-beaked gulls migrate here from Siberia and fed by flocks of Kunming residents in the Cuihu Park. The scene of tens of thousands of gulls descending upon the lake is glorious. Then the **[Yuantong Temple]** at the foot of Luofeng Hill in the northern part of the city is the next place we are going to visit. Yuantong Temple is grandeur and unique. Generations of poets and painters have been attracted by its brilliant appearance, grand building complex and tranquil surroundings. At the same time, they have composed many works about it. Yuantong temple is very popular among the tourists and pilgrimages. Later we'll go back to the hotel by car.

Stay overnight in Kunming.

Meals: (B,L)

Day 3: Kunming-Dali

Kunming is famous for its beautiful and special, breathtaking and unique natural landscape. What's more, it is covered with the rich verdure of trees and plants in the whole year. That's why it is called "City of Spring". We'll visit the **[Stone forest]** after breakfast. An art of tone sculpture here is created after a process of nature's weathering and erosion. This typical karst physiognomy, in the form of a forest of stone pillars and boulders, looks as if thousands of stone shapes have sprung from the ground. The different shapes seem to vie to outstrip each other in grandeur and sublime beauty. Later we will drive to Kunming Train Station to get the night train to Dalian after dinner.

Stay overnight on train.

Meals: (B, L)

Day 4: Dali

Your guide will pick you up at the Dali Train Station and then transfer you to the hotel in the Old Town. You will be in charge of the rest of the morning on your own. After lunch, we will start off to the **[Three Pagoda Temple by bike]**, which is a typical sight in Dalian. As its name suggests, Three Pagoda form a symmetrical triangle by three ancient independent pagodas. That makes it distinctive in China. Then we will have **[a cycling in Xizhou]**. It was an important part of the Silk Road in Southern China. Besides, it played an major role in the government and military of Yunnan Province in ancient times. We can still find some

evidence of historic mysteries in sight of some parts of the wall and tower remained in the city. The structure of the city is five main streets from south to north and eight streets from east to west with the marketplaces locating in the city. The marketplaces still keep what they were until now. We can see the traditional houses of Bai ethnic minority folk all over, which make Dalian different from other cities in China.

Stay overnight in Dali Old Town.

Meals: (B, L)

Day 5: Dali-Lijiang

This day we will leave for Lijiang by private car, van or bus after lunch. It will take us 3.5 hours to get there. You will be attracted by the beautiful scenery on the way, and we may have a stop to relax and take some photos. We will get to Lijiang before dinner time.

Stay overnight in Lijiang.

Meals: (B, L)

Day 6: Lijiang

Lijiang has unique architectures and an aged history. People there live their life in an original way. The **[Jade Dragon Snow-capped Mountain]**, where we are going to this morning, is very imposing and its peaks are high and covered with snow. With the interlaced river flowing under the old, it composes a fabulous picture. Seeing the snow-capped rang from the distance, you will see a silver dragon with its middle curled up by snow. There are rich forest, herb and animal resources thriving on the mountain and a giant tram cart lying there, which is said to be one of the highest of its kind in China. We'll climb the mountain with cables. It's certain that the picturesque scenery will intoxicate all of us. What's more, we will have a tour to the **[ancient town]**. One of the features of Lijiang is no city walls, which makes it different from any other ancient cities of China. "The city lives on water and water exists with the city" has becomes one of the main features of the old town. The three mainstreams, composing the Yuquanshui River, flow respectively towards the west, east and in the middle. With so many branch canals of the running into the ancient city, the networks of rivers mix with the roads of the five-flowered stones.

Stay overnight in Lijiang.

Meals: (B, L)

Day 7: Lijiang-Tiger Leaping Gorge

We depart for **[Tiger Leaping Gorge]** by private car, van or bus after breakfast and have lunch at Qiaotou Town on the way before trekking. We will head for TLG and go straight to our first guest house.

Stay overnight in Tiger Leaping Gorge.

Meals: (B, L)

Day 8: Tiger Leaping Gorge

You can enjoy a leisurely morning and enjoy the view before we take the high trail to our second guest house. Wedged tightly between steep cliffs, the Tiger Leaping Gorge is a well-known gorge of Yangtze River, where the river is so narrow here. As described in legend, a hunted tiger made his escape to the other side in a single bound.

Stay overnight in Tiger Leaping Gorge.

Meals: (B, L)

Day 9: Tiger Leaping Gorge-Shangri-la

We will walk out from the Tiger Leaping Gorge before lunch time. After lunch in Qiaotou Town, we will head for Zhongdian, the town now officially recognized as "Shangri-La". This is actually the old Tibetan Province of Kham and was used as a winter grazing area for the livestock. The surrounding countryside is much as it always has been, preserving mysterious and ancient atmosphere. Eventually we will arrive at Shangri-la before dinner time.

Stay overnight in Shangri-la.

Meals: (B, L)

Day 10: Shangri-la

Today we will have a tour to the **[Songzanlin Monastery]**, a famous Tibetan style Buddhist temple in China. It attracts lots of tourists to this scenic spot, because tourists can enjoy the view and be lucky to take photos of girls wearing exquisite Tibetan costumes holding perfectly white fluffy lambs against the imposing mountains and blue sky. Next will be the visit to the **[old part of the town by bike]**, a **[Tibetan family visiting]** is included as well. The Tibetan built their houses in distinctive religious styles influenced by Buddhism. You can **taste Tibetan specialties of yak butter tea, local yogurt and Tibetan barley**. Later this afternoon will be on your own to walk around. We suggest you get a feeling of local people's daily life by visit the **local market**.

Stay overnight in Shangri-la.

Meals: (B, L)

Day 11: Shangri-la-Kunming-Shanghai

Today we take a morning flight back to Kunming, and another flight followed from Kunming to go back to Shanghai. Your tour will end today.

Meals: (B)



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