

# DISCOVER LIJIANG & SHANGRI-LA



**October 12 –23, 2018**

**Shanghai, Lijiang, Shangri-La and Beijing**

Discover one of human history's most enduring and fascinating cultures. Start in the vibrant city of Shanghai, a symbol of the country's economic emergence in modern times. Explore the historic Bund, and the winding alleyways of the Old Town, Yu Gardens and Shanghai National Museum. Relax in the beautiful, picturesque ancient town of Lijiang on the United Nations World Heritage Site list, enjoy the breathtaking scenery and pristine glaciers of Jade Dragon Snow Mountain, and explore Shangri-La, the paradise-on-earth described in the famous novel *Lost Horizon* by James Hilton. Experience the poetically-named Tiger Leaping Gorge, and the incomparable UNESCO-listed Limestone Forest. Fly to Beijing

## Features Included

- Land transportation within China
- All internal flights (Shanghai/Lijiang, Shangri-La/ Kunming /Beijing)
- Transfer between airport, hotels
- 4 star or local style hotels and taxes
- Meals per itinerary
- Sightseeing and entrance fees per itinerary
- Peking Duck Dinner
- Acrobatic Show
- Tea ceremony
- Beijing neighborhood walking tour
- Tai chi classes with local people
- Service of English-speaking tour manager
- Baggage handling for one piece of luggage per person

**For additional information, please call**

**Yin Yang Taichi Academy**  
22E Andover Drive, West Hartford, CT 06110  
860-953-3388 [www.Yinyangtaichi.com](http://www.Yinyangtaichi.com)



## Rate:

**Land Only:** \$2,895 per person, double occupancy  
**Single Supplement:** \$680 per person

## ITINERARY

### Friday, October 12, 2018

Depart US for your journey to Shanghai. Your flight includes meals, drinks, and in-flight entertainment.

### Saturday, October 13, 2018

Arrive in Shanghai and transfer by private motorcoach to your hotel. Afternoon at leisure. Evening welcome dinner at a lovely local restaurant featuring traditional Shanghai cuisine. (D)

### Sunday, October 14, 2018

Full day sightseeing to explore both the past and present of Shanghai. The first stop is Shanghai Museum, one of the Best Four Museums in China. This modern museum, with a round top and a square base which symbolizing the ancient Chinese perception of the world as "round sky, square earth", has collected many international-standard exhibits of bronzes, paintings, calligraphy, sculpture, ceramics, jade from more than 5,000 years ago to the Qing dynasty. Afternoon visit to Yu Garden, a shining star among all the ancient Chinese gardens in Jiangnan. This garden fully embodies the traditional design of Chinese architecture with jagged pavilions with elegant decorations. Adjacent to the garden is the Yuyuan Bazaar where you can savor tasteful local snacks and explore elaborate traditional Chinese handicrafts and art works. Continue to the Silk workshop to learn more about the mysterious process of making silk in China. Evening, enjoy the optional thrilling Acrobatics Show. (B.L.D)



### Monday, October 15, 2018

Morning explore Nanjing Road, a shopping paradise as well as a great place to take a wonderful walk to experience the modern atmosphere of the city. You will stop at the Bund, originally a simple towpath for transporting goods but now transformed into a feverish trading district. Stroll along the Bund, seeing and feeling the perfect fusion of Chinese and Western cultures while at the same time taking in the stunning Shanghai skyline with your own eyes! Afternoon fly to the picturesque town of Lijiang. With its spectacular backdrop of mountains reaching up to 19,000 feet, Lijiang has retained a high quality and authentic historic townscape. Its architecture is a unique blend of elements from several cultures that came together over the course of centuries. The West did not notice the stunningly beautiful landscape and intriguing tribal cultures of the Chinese province until nearly a

century ago when National Geographic reported on the area. Today, it is one of the most original and scenic towns in all of China. Lijiang is also the base of the Naxi minority. Naxi are descended from Tibetan nomads and lived until recently in matriarchal families: women are often the head of the house, inheritance is through the female line and women make business decisions. There being no such thing in their culture as female fidelity, few knew who their fathers were and all men were referred to by the Naxi word as "uncle". Check in at Lijiang Naxi



style guest house and immerse yourself in the local culture. (B.L.)

### Tuesday, October 16, 2018

Today start your memorable Lijiang tour from the Ancient Town (Dayan Ancient Town). Take a leisurely walk up the Lion Hill and climb up the 33-meter-tall Wanggu Tower - the landmark building of Lijiang to enjoy a panoramic view of the whole old town and countryside scenery, as well as the magnificent Jade Dragon Snow Mountain in the distance. Later, take a trip to Ming-dynasty style Mufu Palace, the "Forbidden City" of Lijiang to know Tusi's ruling history and appreciate the Naxi people's brilliant culture and fine arts. Then, walk through the old alleys, old bridges, featured shops and bars to Sifang Street Square, a meeting place of sorts and a mingling ground to enjoy a lively atmosphere and unwind. If time permits, join the Naxi people and tourists to dance happily in a circle. (B.L.)





### Wednesday, October 17, 2018

After breakfast, visit to Yuhu Village which is located at the foot of Jade Dragon Snow Mountain. When walking into this authentic Naxi Village, leisurely explore the village and then get to the Former Residence of Joseph Rock, who was an Austrian-American Botanist who came to Lijiang and stayed in Yuhu Village for 27 years and did extensive research work on the Naxi minority group. Later, head to Baisha Village and appreciate the ancient Baisha Mural Paintings. Visit Dabaoji Palace and Liuli Temple to view murals painted over 1000 years ago which is a combination of Tibetan Buddhism, Confucianism and Taoism. This is followed by a trip to Shuhe Ancient Town - one of the earliest settlements of the Naxi people as well as the well-preserved stop of the Ancient Tea Horse Route. After that, transfer to Dongba Culture Museum where more than 10,000 Dongba cultural relics show mysterious Dongba culture of the Naxi people. Take a gentle walk to Black Dragon Pool Park to enjoy a gorgeous view and peaceful surroundings. If weather permits, get to the best spot to overlook the snow-capped Jade Dragon Snow Mountain and shoot some amazing pictures. (B.L.D.)

### Thursday, October 18, 2018

After breakfast, drive 45 km to view the First Bend of Yangtze River, an extraordinary turn nearly about 180 degrees with beautiful and marvelous views like a wonderful landscape painting unfolding before you. Visit Iron Chain Bridge in Shigu (Stone Drum) Town. Later, transfer to visit one of the deepest and most spectacular river canyons in the world -Tiger Leaping Gorge. It measures 16 km in length and is a giddy 3900m from the waters of Jinsha River to Haba Snow Mountain and Jade Dragon Snow Mountain. It is divided into three parts: Upper, Middle and Lower Tiger Leaping Gorge. You'll hike the upper part and walk about 2.6 kilometers along the plank road from the entrance to the Tiger Leaping Rock. Take a moment to enjoy the magnificent gorge view and rolling waves. After the hiking tour, drive to Shangri-La, about 2 hours. Enjoy the enchanting natural scenery along the way. Upon arrival, check in your hotel and feel free to explore Shangri-La on your own. (B.L.D.)

### Friday, October 19, 2018

Today is a full day to explore the earthly paradise described in the famous novel *Lost Horizon* by James Hilton. You'll first visit Songzanlin Monastery, reputed as the Little Potala Palace. Established by the Fifth Dalai Lama in 1679, the monastery belongs to Gelug sect of Buddhism, and it is

also the largest Buddhist monastery in Yunnan. Walk 143 steps to get atop of the monastery and pay clockwise visit to the major lamasery buildings and get in-depth understanding about Tibetan Buddhism. If time permits, take some quiet time to walk around the peaceful Lamuyanguo Lake and enjoy the breathtaking scenery of this pure land. Later, drive to the first national park in China - Pudacuo National Park. Immerse yourselves in the lush green forest with diverse species of flora and fauna, walk along the plank road to catch the gorgeous scenery of Shudu Lake (hike 3.3 km, about 1 hr) and Bita Lake (hike 4.2 km, about 1.5hrs) and seek a real paradise in this natural wonderland. Evening optional visit to a local Tibetan family to experience the highly-praised hospitality of Tibetan people. (B.L.D.)

### Saturday, October 20, 2018

Breakfast at hotel and take a free walk in Dukezong Old Town in the morning. Afternoon depart for Kunming and connecting flight to Beijing. Upon arrival, meet your local guide and be transferred to your hotel. Evening at leisure. (B.L.)

### Sunday, October 21, 2018

Morning visit the Forbidden City. Situated on 250 acres, the Forbidden City was home to two dynasties of emperors, the Ming and the Qing. It is the largest and most complete ancient imperial palace in the world, with more than 800 buildings and 9,999 rooms. In front of the Forbidden City is Tiananmen Square, Chairman Mao's creation, the largest public place in the world and site of many history-making events. A visit to the 15th century Temple of Heaven provides a glimpse of where the emperors made offerings for the harvest. Today it is a popular place for local people to play chess, practice tai chi or listen to the Peking Opera. Northeastern dinner tonight will be followed by a special world famous Kungfu show. (B.L.D.)

### Monday, October 22, 2018

Morning drive to Bird's Nest and Water Cube, two sites in the 2008 Olympics, for pictures. Stop at a jade factory for a brief educational tour followed by lunch at a local farmer's restaurant. Proceed to the Great Wall in the Mutianyu area, a less-crowded and more authentic section of the Great Wall. A ride on a cable car avoids a very steep climb, bringing you to an area where you can walk along the wall, look through watch towers, and enjoy superb views of the Wall snaking across the hills and mountains. You can also take a wheeled toboggan ride down from the wall on a winding metal track. Wear good walking shoes and protection from the weather. Evening is at your leisure to explore Beijing, visit the Hard Rock Café or try a foot massage. (B.L.)





**Terms & Conditions:** This tour is land cost only based on double sharing: \$2895 per person. **Single supplement:** \$680.

**Payment Schedule:** \$500 per person deposit payable to Master Guangzhi Xing. Final payment due 8/15/2018.

**Not Included:** passport fee, visa fees (\$220), tips to drivers and guides prepaid (\$95). Meals not listed, alcoholic beverages with meals.

Optional recommended excursions. Departure taxes, travel insurance, or other personal items.

**Cancellation Policy:** Final payment due 8/15/2018. Prior to 8/15/2018-Deposit minus \$200 pp administrative fee. Cancellation requires written notice. After 8/16/2018- No refunds. We strongly recommend travel insurance and will send information to you upon receipt of your reservation.

**Liabilities Clause:** Yin Yang Taichi Academy assumes no responsibility or liability for any injury, damage, loss and delay, due to an act, negligence or default of the tour guide, or any company or person engaged in transporting the passengers, or rendering any service, or carrying out the arrangements for any tour, or their agents and employees. The airline tickets when issued shall constitute the sole contract between the air company concerned and the purchaser of these tours and/or passenger. The carriers are not responsible for any act, omission, or event during the time tour participants are not aboard their conveyance. Upon payment of a deposit, tour participants indicate acceptance of the above terms and conditions.

**Optional plan:** A visit to the Summer Palace is arranged this morning, where you will appreciate the delicate Chinese royal gardening architecture integrated perfectly with the natural landscape. In the afternoon explore the fascinating “Hutongs” (neighborhoods) of Beijing, some dating back to the Yuan, Ming and Qing dynasties (1271 AD - 1911 AD). Your tour will take you through the best-preserved Hutong, which represent the history, culture and lifestyle of old Beijing. Evening is at your leisure to explore Beijing, visit the Hard Rock Café or try a foot massage. (B.L)

**Tuesday, October 23, 2018**

Transfer to Beijing International Airport for connecting flights to USA. Crossing back over the International Date Line, you will arrive home on the same day! (B)



**RESERVATION FORM**

Please complete, detach and return with passport copy for each traveler and deposit check payable to: Master Guangzhi Xing, 22E Andover Driver, West Hartford, CT 06110. Phone (860) 953-3388, Fax (860) 953-3388, E-mail info@Yinyangtaichi.com. www.Yinyangtaichi.com

Legal Name: \_\_\_\_\_ Phone (h) \_\_\_\_\_

Address: \_\_\_\_\_ Phone (w) \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Cell: \_\_\_\_\_

Single \_\_\_\_\_ Twin \_\_\_\_\_ Roommate: \_\_\_\_\_ E-mail: \_\_\_\_\_

Special Requests: \_\_\_\_\_

Emergency contacts: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_