

# China FIT Tours

## Best of Yunnan Cultural Adventure



Yunnan is one of China's most visited provinces, and rightfully so, as Yunnan possesses an extraordinary melting pot of ethnic cultures and religions. Buddhism, Islam, Hinduism as well as Christianity all made an imprint in Yunnan. As a result Yunnan also offers unparalleled experience of architectural styles and decorative arts in all of China. Best of Yunnan tour brings you several of UNESCO's most cherished monuments, from Giant Buddha in Leshan, seen on the way from Chengdu, the starting point of our tour in Sichuan, to Yunnan's ancient market towns of Lijiang and Dali. Add to it the remarkable Shangri La, the Tibetan Old Town of Zhongdian, the ancient tea caravan market town of Shaxi, the living treasure house town of Weishan and the old salt mining town of Heijiang, and one gains a complete insight into historical past of Yunnan. Although en route of this wonderful tour you'll have the opportunity to see nature's marvels of Jade Dragon Mountain and the fabled Tiger Leaping Gorge, the highlight of the Yunnan's traverse is the deep gorge of Nujiang Valley. Parallel to Myanmar's border, in extreme northwestern corner of Yunnan, the Nu river, which ultimately becomes the mighty Salween that flows into Bay of Bengal, carved here a deep and scenic valley which is a living museum of remote mountain cultures and remains one of the most unique biodiversity regions of the world.

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## Day 1. Arrive Chengdu

Upon arrival, you are greeted and transferred to the hotel to check in.

## Day 2: Chengdu / Leshan

This morning, see the Panda Breeding Center, the best place to see Chengdu's most endearing residents. Then move on to Leshan. Visit the famous Giant Buddha statue. Built in 713, Leshan Giant Buddha is the biggest carved stone Buddha in the world. Featured in poetry, song and countless tales, Leshan Giant Buddha is a remarkable monument and a UNESCO World Heritage site. Return to Chengdu in the late afternoon and check into the hotel.

Meals: Breakfast, Lunch, Dinner

## Day 3. Chengdu / Lijiang

In the morning drive to Sanxingdui and explore the remarkable collection of archeological artifacts spanning 5,000 years of culture in the Chengdu area. From here continue to Wangjianglou Park, known for its scenic cedar wood pavilions and bamboo forest. After dinner fly to Lijiang where you are met and escorted to the hotel to check in.

Meals: Breakfast, Lunch, Dinner

## Day 4. Lijiang

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Full day tour of the ancient Dayan Town, a UNESCO World Heritage monument. Admire Lijian's striking architecture of wood-and-stone structures with tiled roofs and flower-filled courtyards. See the Mu Family Mansion, ancient home of a Naxi noble, now a museum offering insight into Naxi history and culture. Then visit Yufeng Temple, with its famous 500-year-old camellia tree.

Meals: Breakfast, Lunch, Dinner

## Day 5.Lijiang

This morning visit the Jade Dragon Mountain. After lunch tour the renowned Black Dragon Pool with its Moon Embracing Pavilion, Five Phoenix Pavilion and Dongba Cultural Village. Later visit Baisha village with its renown Ming and Qing dynasty frescoes. Last tour Shuhu , an authentic and well-preserved Naxi village.

Meals: Breakfast, Lunch, Dinner

## Day 6. Lijiang / Zhongdian

Today drive to Zhongdian, the stunningly picturesque setting believed to be the inspiration of the mythical Shangri-La described in James Hilton's novel, The Lost Horizon. Along the way, behold the "First Bend" of the Yangtze River at Shigu, and the site of astounding Hutiao (Tiger's Leap), know as the Tiger Leaping Gorge on the Jinsha River, one of the deepest gorges in the world.

MEALS: Breakfast, Lunch, Dinner



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## Day 7. Zhongdian

Today's tour of this breathtaking region starts with the 17th-century Gedan Songzanlin Monastery, After lunch tour the Potala National Park, an integral part of the Three Parallel Rivers Scenic Area, recognized as much for its dramatic topological contours and rich biodiversity, as for its stunning natural beauty, MEALS: Breakfast, Lunch, Dinner

## Day 8. Zhongdian

After breakfast, you will visit the scenic Napa lake and admire the distinctive plateau features surrounding Shangri-La. Napa Lake Nature Preservation Zone is a well-known habitat for black-necked cranes, who reside around Napa for about half a year, from September to March. From Napa return to Shangri-La town and tour Zhongdian's picturesque Tibetan Old Town and local market. MEALS: Breakfast, Lunch, Dinner



## Day 9 , Zhongdian / Shaxi

Depart Zhongdian this morning, traveling to Shaxi ( 220km). Nestled deep in the foothills of southwest China's Yunnan Province, Shaxi is a culturally diverse town and home to the Bai and Yi minority peoples. The dramatic mountainous landscape and the 300 days of sunshine a year, combined with Shaxi's unique history and culture make for an enjoyable experience. Visit Shibaoshan, Stone Treasure Mountain, Indian influenced Buddhist grottoes and temples, and Sideng

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Market Area, once a major trading stop on the ancient "tea and horse caravan route" and the "southern silk road," by which Buddhism spread from India.

MEALS: Breakfast, Lunch, Dinner

## Day 10: Shaxi / Dali

Morning you are free to explore Shaxi, after lunch drive to Dali, the capital of the ancient Nanzhao and Dali kingdoms, and home of the Bai minority group. Check in to the hotel.

MEALS: Breakfast, Lunch, Dinner



## Day 11: Shaix / Shaping

After breakfast, off to visit the Shaping Market. Located 30km north of Dali, Shaping is a large rural village which comes to life every Monday, when an important market takes place that is frequented by the Bai people who ride down into town from the hills in their colorful traditional dress to trade and eat.

MEALS: Breakfast, Lunch, Dinner

## Day 12: Dali

Today you'll tour the streets of this lovely capital of the ancient Nanzhao and Dali kingdoms, visiting the picturesque Three Pagoda Temple and the fascinating sites of Dali's ancient quarter. In the evening stroll the myriad of Dali's colorful streets, absorbing the local atmosphere.

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MEALS: Breakfast, Lunch, Dinner

## **Day 13:Dali / Liuku**

After breakfast, drive 200 km to Liuku, the capital of NuJiang Lisu Autonomous Prefecture. Overnight in Liuku

MEALS: Breakfast, Lunch, Dinner

## **Day 14:Liuku / Gongshan**

Drive along the Nu River from Liuku to Gongshan (241km) in the upper reaches of Nu River. On the way marvel at the stunning scenery of this remarkable valley studded with picturesque Nu and Lisu villages, visit a hot spring, witness villagers crossing fast-flowing Nu river on a "Sliding Rope," and cat-walk-style of "Hanging Bridges." Overnight in Gongshan.

MEALS: Breakfast, Lunch, Dinner

## **Day 15. Gongshan / Fugong**

After breakfast, drive yet further north, to Fugong (117km). At Luzhongluo, visit the Nu people stone house, then gape in awe at Jiangzhongsong, the First Bend of Nujiang River, a scenic wonder. In Fogong visit Lamma Temple, Shingmenxiongguan and Cundingcun Catholic Church. Overnight in Fugong.

MEALS: Breakfast, Lunch, Dinner



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## Day 16. Fugong / Liuku

Today we return back to Liuku(135km), once again enjoying the wonderful scenery of the Nujiang Valley and its market villages.

MEALS: Breakfast, Lunch, Dinner



## Day 17. Liuku / Weishan

Leaving the deep gorge of the Nujiang behind us, we drive to Weishan (254km). Once the capital of the ancient Nanzhao Kingdom, Weishan is a treasure house of Yunnan's ancient city architecture. Dating from 14th century and flourishing under the Ming and Qing dynasties, Weishan still retains its ancient charm and remains unaffected by tourism. Unlike Dali, which city core has become much too commercial, Weishan's shops and markets cater exclusively to the locals.

Overnight in Weishan

MEALS: Breakfast, Lunch, Dinner

## Day 18. Weishan

Tour of this morning visits Weibao Mountain, the cradle of Nanzhao culture and a well-known mountain of Taoism. En route traverse the Longqing Pass, an ideal passage for migratory birds due to its pristine pine forests ecology and suitable climatic conditions. After lunch visit Xiaoweigeng Mosque and local market.

Overnight in Weishan.

MEALS: Breakfast, Lunch, Dinner

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## Day 19. Weishan / Heijing

This morning drive to Heijing (196 km). Heijing, once one of Yunnan's richest towns, is a small town in the northern Chuxiong mountains which came to prominence and wealth from its salt. Founded during the Han Dynasty, even Marco Polo, the 13th century Venetian traveler, learnt of its existence. With salt mined there for centuries, Heijing is today a quiet village only slowly being rediscovered. With only a trickle of tourists passing through namely on account of its remote location, Heijing teems in architectural splendors, from houses of once rich traders to pagodas and temples. Overnight in Heijing.

MEALS: Breakfast, Lunch, Dinner

## Day 20. Heijing / Kunming

After breakfast, continue to Kunming (200km), the City of Eternal Spring. Arrive in Kunming in the afternoon, and spend rest of the day at your own leisure.

MEALS: Breakfast, Lunch

## Day 21: Kunming / Chengdu



Fly to Chengdu and connect to your flight home.

MEALS: Breakfast

The Best of Yunnan tour itinerary is ideally done from March 8th to Dec. 26th, except for the period of October 1 to October 7. April, May, September & October are high season, the rest is low season.

Request itinerary pricing info:

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