

## Yunnan Introduction

Yunnan (Beautiful Clouds in the South) Province is the most southwest region of China bordering the countries of Vietnam, Laos, and Burma. Yunnan Province borders Guizhou Province and Guangxi Zhang Autonomous Region to the east, Chongqing and Sichuan to the north, and Tibet Autonomous Region to the northwest. Yunnan encompasses 394,000 square kilometers (152,084 square miles) and has a population of more than 42 million people.

Within these borders, Yunnan has a diverse topography that ranges from alpine mountain ranges to tropical rainforests and the greatest number of plant species in China (more than 18,000) as well as an incredible array of animals, including the Asian elephant and the protected Yunnan golden monkey. There is even a rainforest in the area known as Xishuangbanna where you will find many rare and endangered species of plants and animals.

### Ethnic Minority Groups

Yunnan Province is endlessly fascinating. There are 25 different ethnic minorities in Yunnan, making it the most culturally diverse province in China. This multiplicity of cultures has endowed the province with a rich heritage that it shares with all who come to visit. There is always something wonderful to see and do here. Whether you are visiting a Dongba village, the Dai Water Splashing Festival, the Third Month Fair of the Bai Nationality, or the Torch Festival of the Yi people, you will find that Yunnan is a place that celebrates life.

Stone Forest (Shi Lin), located outside of the capital city of Kunming, is one of the world's natural wonders. Here, massive pillars of gray rock have formed a gigantic forest of stone. Some of these natural stone formations have the appearance of animals such as snakes, elephants, birds, and dragons. Kunming has many interesting temples and parks such as Dagan Park, Black Dragon Pool, Zheng He Park, Bamboo Temple, Golden Temple, and the Western Hills, to name only a few. Each of these places has unique features that capture the imagination. For example, the Bamboo Temple has 500 life-size luohans that were sculpted in the 1800's. The Western Hills contains three temples: Huating Temple (from the 11th century), Taihua Temple, and the Sanqing Temple. At the top of the path, which takes about two hours to reach, is Longmen (Dragon Gate). Dragon Gate is comprised of sculptures, grottos, and pathways that were built by a Taoist monk in the late 1700's. The view from Dragon Gate overlooking DianChi Lake and the city of Kunming is spectacular. Moreover, you can always be certain of fabulous spring weather in Kunming regardless of the time of year!

## 7 Days/6 Nights Tours of Yunnan Province

Day 1: Beijing/Kunming

### Fly to Kunming - Stone Forest

Our guide will meet you at the lobby of Crown Plaza Hotel Beijing Wuzhou. Transfer to Beijing international airport and take flight to Kunming. Upon arrival, be met by our local guide, visit the Stone Forest and overnight at the hotel. L+D

Stone Forest the Stone Forest is in Lunan Yi Nationality Autonomous County, which is about 120 kilometers (75 miles) from Kunming and requires only a three-hour drive. It covers an area of 400 square kilometers (96,000 acres) and includes both large and small stone forests, as well as many other scenic spots.

Day 2: Kunming/Dali

### Fly to Dali- Three Pagodas of Chongsheng Temple-Dali Ancient City

Have breakfast at the hotel, transfer to airport and take flight to Dali. Upon arrival, visit Three Pagodas of Chongsheng Temple and Dali Ancient City. Overnight at the hotel. B+L+D

Three Pagodas of Chongsheng Temple about 1 kilometer (0.6 mile) northwest of the ancient city of Dali, occupying a scenic location at the foot of Mt. Cangshan facing Erhai Lake, has a history of over 1,800 years.

Dali Ancient City According to literature, Dali Ancient City was a gateway to the Silk Road in Southwest China, and also served as a seat of government and a major military barracks for Yunnan Province in ancient times.



Day 3: Dali/Lijiang

### Drive to Lijiang-Xizhou-Zhoucheng-Lijiang Old City

Have breakfast at the hotel, drive to Lijiang. Visit Xizhou, Zhoucheng on the way. Arrive at Lijiang, promenade at the Lijiang Old City. Overnight at the hotel. B+L+D

Xizhou aside from Dali, is another great place to observe the typical Bai Minority folk culture and architecture. A characteristic Bai courtyard residence consists of rooms on three sides and a decorative screen wall on the south direction.

Zhoucheng is yet another good place to see the well-preserved Bai houses and architecture.

Lijiang Old City A well-preserved old city of ethnic minorities with brilliant culture, is a central town of the Lijiang Autonomous County of the Naxi Ethnic Minority in Yunnan Province.

Day 4: Lijiang

Jade Dragon Snow Mountain-Baisha Mural-Yufeng Temple-Longquan Village-Old Town of Shuhe

Have breakfast at the hotel, full day visit to the Jade Dragon Snow Mountain, Baisha Mural, Yufeng Temple, Longquan Village and Old Town of Shuhe. Overnight at the hotel. B+L+D

Jade Dragon Snow Mountain

Consisting of 13 peaks, among which Shanzidou is the highest one with an altitude of 5,600 meters (18,360 feet), Jade Dragon Snow Mountain stretches a length of 35 kilometers (22 miles) and a width of 20 kilometers (13 miles).



Baisha Mural the most famous frescos are known as Baisha Mural of the Dabaoji (Great Treasure) Palace and the Colored Glaze Temple (Liuli Dian) in the town of Baisha.

Yufeng Temple one of the Scarlet Sect lamaseries of Lijiang. First built in 1756 during the reign of Emperor Qianlong of the Qing Dynasty, Yufeng Temple used to have nine courtyards, but only the gate tower, the main hall and two courtyards have remained after so many years' historical vicissitude

Longquan Village located 4 km to the northwest of Lijiang ancient town, is the earliest habitation for the Naxi ancestors in Lijiang, and one of the most well-preserved important markets along the Tea-Horse Ancient Road

Old Town of Shuhe Four kilometers (2 miles) to the northwest of the Old Town of Lijiang, at the foot of Jade Dragon Snow Mountain, lies a compact village hidden in the forest, the Old Town of Shuhe. UNESCO (United Nations Educational, Scientific and Cultural Organization) has listed it as an important component of Lijiang as it is a well-preserved example of a town along the ancient tea route and one of the earliest settlements of the ancestors of Naxi people. It is called 'the hometown of springs'

Day 5: Lijiang/Zhongdian

Stone Drum and the First Bend of the Yangtze River- Tiger Leaping Gorge (Hutiao Gorge)

Have breakfast at the hotel, drive to Zhongdian. Visit Stone Drum and the First Bend of the Yangtze River, Tiger Leaping Gorge (Hutiao Gorge) on the way. Arrive at Zhongdian, overnight at the hotel. B+L+D

Stone Drum this ancient town is named after a drum-shaped marble plaque. Built during the Jiaqing era (1548-1561) of the Ming Dynasty, the stone drum is a monument commemorating the victory of Lijiang's Naxi ruler over an invading Tibetan army

First Bend of the Yangtze River a world-famous geological phenomenon and an extraordinary panoramic scene whose vistas you will long remember with great pleasure

Tiger Leaping Gorge (Hutiao Gorge) About 100 kilometers (62 miles) northwest of Lijiang Old Town lying between Jade Dragon Snow Mountain (Yulong Xueshan) and Haba Snow Mountain (Haba Xueshan) is Tiger Leaping Gorge (Hutiao Gorge), which is believed to be the deepest gorge in the world. From the top of the gorge you look down the steeply angled (70-90 degrees) mountain sides to the rushing Golden Sands (Jingsha) River with its 18 frothing rapids more than 200 meters (about 700 feet) below.

Day 6: Zhongdian

Dabao Temple-Pudacuo Scenic Spot(Shudu Lake-Bitahai Lake)-Zhongdian old city

Have breakfast at the hotel, full day visit to the Dabao Temple, Pudacuo Scenic Spot(Shudu Lake-Bitahai Lake) and Zhongdian old city. Overnight at the hotel. B+L+D



Dabao Temple one of the earliest Buddhist temples in Yunnan

Shudu Lake Located within 10 kilometers (6.2 miles) of each other,

legend says these "pearls of the land" are pieces of a mirror broken and scattered by a fairy while she was fixing her makeup

Bitahai Lake lies in the east of Shangri-La County of Diqing Tibetan Autonomous Prefecture, and is over 3500 meters (about 3828 yards) above sea level

Zhongdian old city known as Gyalthang in Tibetan, recently changed its name to Shangri-La. Perched on a plateau at an elevation of 3300 meters, dotted with beautiful hills, flowers and alpine lakes, the region of Zhongdian offers great possibilities for trek, botanical exploration, as well as discovery of Tibetan culture

Day 7: Zhongdian/Kunming/Beijing

Have breakfast at the hotel, transfer to airport and take flight to Beijing via Kunming. Service ends B

Price include:

1. Coach/Van for Transfers & sightseeing
2. Excellent English speaking tour guide.
3. Entrance fees as mentioned in the program
4. Six nights accommodation (twin share bases) in 4 star hotel.
5. Meals as listed in the program; B=breakfast; L=Lunch; D=Dinner
6. Economic flight with tax of airport:
  - \* Beijing/Kunming HU7165 (08:40-11:50) or CZ3901 (09:10-12:35)
  - \* Kunming/Dali; MU5981 (07:15-07:50)
  - \* Zhongdian/Kunming MU5934(08:50-09:50)
  - \* Kunming/Beijing HU7166(13:00-16:00) or CZ3902(13:45-16:50)

Remarks: The flight schedule is only for reference