



26 Days

# China

## Mt. Siguniang and Eastern Tibet

We hope you will join us on this exceptional expedition taking us from the classic sites of Beijing and Xi'an to the unfrequented mountains of Eastern Tibet. If ever there was a perfect introduction to the geographical and cultural diversity of China, then this is it. Prepare yourself for a challenge as we traverse the length and breadth of Eastern China on a journey that includes ancient temples, cooking schools, Tibetan cultures and snow-capped mountains that are amongst the highest in China. Every section of this adventure brings a new and different challenge and our expert Chinese guides will ensure you get the most from your expedition.



# Recommended expedition itinerary

Day  
1-3

## Arrive Beijing

We will fly out from London Heathrow on an early evening flight and arrive in Beijing the following morning. Over the next few days, we visit the classic sites of Beijing, including the Summer Palace, Tian'anmen Square and the Forbidden City. We will experience the Beijing Opera and also feast on authentic Peking duck.

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Day  
4-5

## Great Wall trekking; and overnight train

After breakfast, we drive to the Huanghuacheng section of the great wall for a days trek. The following day we are able to visit sites such as the summer palace and the Mutianyu section of the great wall getting a close up view of this huge man-made marvel. Finally, we transfer to the train station and get on the overnight train to Xi'an.

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Day  
6-7

## Xi'an- City highlights & Terra Cotta Warriors

On arrival in Xi'an, we spend some time shopping and visiting the highlights of this city, from the Wild Goose Pagoda to the Great Mosque in the Muslim Quarter. We start day 7 with a Tai Chi lesson and an informal introduction to Chinese Culture before spending the afternoon visiting the incredible Terra Cotta Army Museum; an extraordinary example of craftsmanship and extravagance. Later, we take the overnight train to Chengdu.

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Day  
8

## Chengdu

Chengdu is the home of the Giant Panda Breeding Research Base. We visit the centre and learn about their struggle for survival in modern China, and the environmental issues that are affecting much of China as a whole. Next, it's on to visit a local family and learn about the role that Chinese housewives traditionally have, followed by a homemade cooking class of Sichuan cuisine which will take you step-by-step through the process of preparing a traditional Sichuan meal.

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Day  
9-10

## Rilong

Today, we start heading off-grid. We begin our journey to Mt. Siguniang with a transfer from Chengdu to Rilong which will take six hours by bus. Soon we begin to notice the difference in the culture and scenery as we head ever closer to the geographical and cultural area of Eastern Tibet. We also start to gain altitude, as Rilong is at 3200m. On day 10 we head out for a warm up walk to help with our acclimatisation to the higher altitude, before heading back to Rilong for the night.

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Day  
11-14

## Mt. Siguniang trek

After registering for the trekking permits, we head to the hills and, over the next few days, gradually increase our altitude with plenty of time for acclimatisation. The scenery is spectacular, and we should soon see our first proper glimpses of the high, snow-capped peaks and jagged ridges of China's mightiest mountains. Our summit attempt on day 14 is a long day with an early start at 3am for breakfast as we aim to head out on the trail by 4am. The final 700m to the summit is characterised by slabbed sections of various sizes which can be slippery if the weather is wet, but our guides are very experienced and will ensure everyone stays on track. Conditions allowing, we can stay on the summit for 15 mins or so before making our way back down to Base Camp and then on to Rilong in time for dinner.





Day  
15-19

## Rilong – Danba Community Project

Today we transfer to Danba where we prepare for our community project over the coming days. This is a traditional area of China and the people here, principally ethnic Tibetans, often dress in more colorful and decorative clothing than the Han Chinese we have seen elsewhere in the country. There are a number of community projects we can get you involved with in this region. All are on-going projects so they evolve and change over time, but there may be some scope when the trip is booked for the group to decide what project we would most like to focus on. Examples of the projects that previous groups have done include:

- Help local people build a greenhouse to grow vegetables in winter
- Help local school students build a shower room / toilet block
- Help local people restore their water powered grinding wheel

Day  
20-21

## Danba - Chengdu

After finishing the community project, we say good bye to the new friends we've been working with and transfer to Chengdu before flying to Yangshuo.

Day  
22-23

## Yangshuo cycling

In Yangshuo, we get on our bikes and cycle around 37 kilometers through several places such as Jiuxian, Fuli Bridge, Yulong Bridge, Yueliang Mountain, Gongnong Bridge and Ai Mountain. We can enjoy the breathtaking beauty of farmland, old bridges, Li River and The Moon Mountain as well as have a look at the rural life in China. This will be a highlight of the trip, experiencing some of China's most dramatic scenery. We also get to visit a local park to see how local people enjoy their morning exercise, especially playing Taiji. We also have a chance to explore the markets and shops of this bustling city.

Day  
24

## Shanghai

We take an early morning flight to Shanghai and arrive mid morning. We visit the financial centre where we see the panoramic view of new Pudong area, followed by a trip to the Shanghai History Museum. Here, we literally walk through Shanghai's history with life-size exhibits reflecting the historical evolution of the politics, economy, culture, society and people's life in Shanghai. Finally we will drive 84km to Suzhou and overnight there. In many ways, Suzhou is an antidote to the excesses of Shanghai, with canal scenes, pagodas and humpbacked bridges, but don't be fooled – it's still a busy Chinese city and a popular tourist spot.

Day  
25-26

## Suzhou – Shanghai - UK

We have most of the day to explore Suzhou and visit the Humble Administrator's Garden, a classic example of Chinese medieval gardens during the Ming period for which Suzhou is so famous. We move on to Pan Gate, an ancient city gate with land and water entrances, again typical of medieval China, (the Pan Gate is the only one left). In the afternoon, we return to Shanghai and have a walk around the Bund, soaking up the atmosphere before a final celebration dinner - our last before we head home on day 26, flying from Shanghai back to the UK, arriving the same day.

# Further information

## Look what's included!

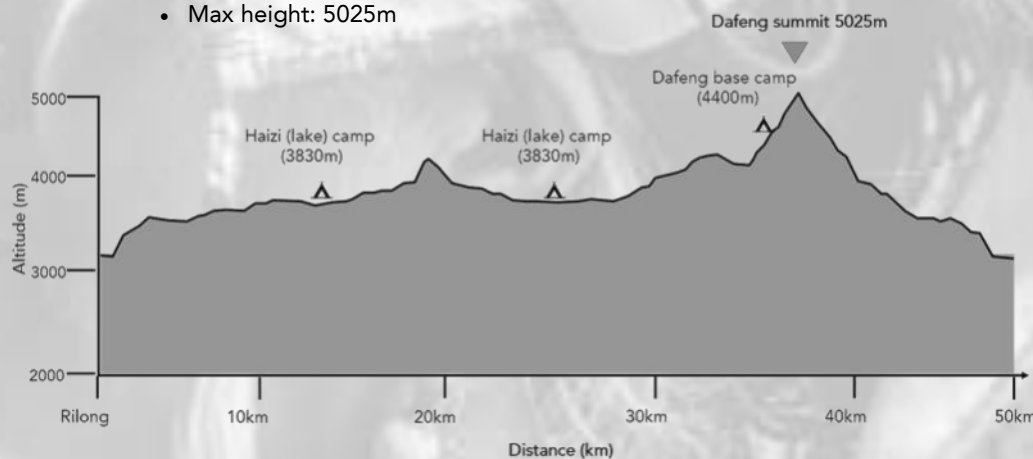
- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local expedition leader
- Parent and student expedition launch evening
- Comprehensive pre-expedition training programme
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

## What's excluded?

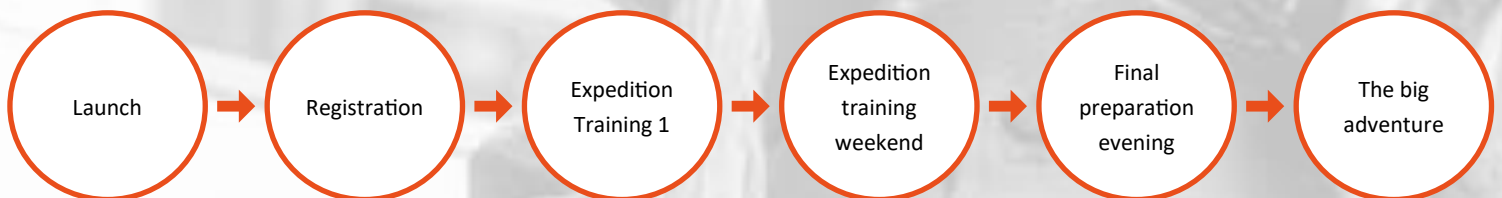
- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Personal spending money
- Tips for guides, drivers and porters
- Airport departure taxes paid locally
- Cancellation and personal effects insurance

## Mountain profile - Mt Siguniang

- Total distance: 48.19km
- Height gain: 2742m
- Max height: 5025m



## Your expedition timeline



## Physical expedition rating:

● ● ● ● ○ 4/5

Fitness is important at this grade, which compares to extended walking in mountainous terrain such as the Lakes or Snowdonia, for up to three to five days in a row. It is likely that significant sections of a trip will involve walking and trekking with some days up to eight hours. Some of the trip could be at altitudes of up to 4,500m, but the itinerary will be designed with appropriate acclimatisation in mind. Be prepared for significant possible variations in temperatures throughout the tour. There is not usually time to 'get fit' on these treks, so a two to four month fitness improvement programme would ensure you get the most out of the trip

## Culture shock rating:

● ● ● ● ○ 4/5

Students joining trips at this level will find the comforts of home are more of a rarity – or viewed another way, a welcome luxury. English is unlikely to be widely spoken and the food will be quite different to home, perhaps for extended sections of the trip. You should observe local customs so not to cause offence. You'll be exposed to signs of poverty and accommodation in some locations is likely to be basic. Whilst a challenge, destinations and trips at cultural level 4 are also a fantastic opportunity to see a very different part of the world.



# A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey



## 1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

## 3 Arrange an expedition launch evening at your school

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening with opportunity for questions.



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