

## **China Adventure - ACBH**

15 days: Beijing to Hong Kong

### **What's Included**

---

Entrance to the Great Wall and trek, Entrance and guided tour of the Forbidden City, Beijing Hutong Bicycle Tour, biking on the ancient city wall, Shaolin Monastery, Yangshuo cycling, Longsheng village to village trekking, Yangshuo and Hong Kong orientation walks.

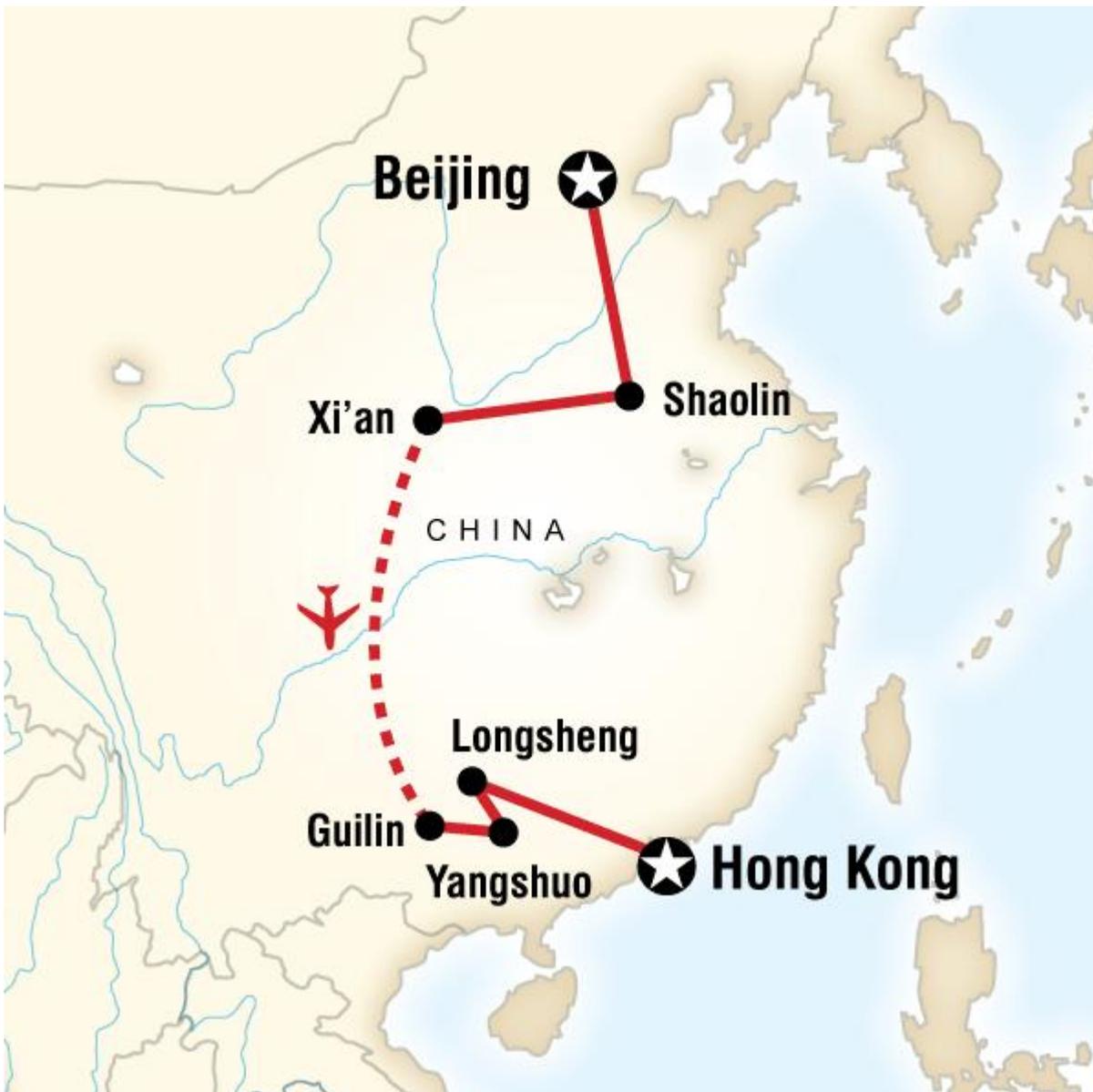
The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing January 1st, 2013 - December 31st, 2013

### **Itinerary**

---



#### **Day 1 Arrive Beijing**

Arrive in Beijing at any time.

#### **Days 2-4 Beijing/Great Wall Trek (1B)**

Discover the history of the Forbidden City and Tiananmen Square then join the throngs of locals as you hop on your bike to explore the city's ancient hutongs for a couple of hours. On Days 3 & 4, walk in the footsteps of ancient soldiers as you get far away from the tourist herd and hike along a lesser known section of the Great Wall (4-5 hours per day).

For the night of day 3, interact with our rural farmer friends at a homestay for the evening. Each family can host 4-6 travellers, so our group may be split among 2 or 3 different families. Each family will be very happy to cook country style dumplings for the group, and of course we join them to learn how to make dumplings. The homes have simple but good bathing and shower facilities.

Return to Beijing on Day 4. Take an overnight sleeper train (13 hrs) to Xi'an.

#### **Day 5-6 Shaolin/Longmen Caves**

In the morning, we arrive by high speed train to Luoyang. From Luoyang we transfer to the holy mountain of Song Shan where we spend the night. Song Shan is home to the Shaolin Monastery, mystical birthplace of Kungfu. First founded in the 5th century, Shaolin has been rebuilt multiple times and is world famous for its kung fu.

In the morning we visit the Longmen Grottoes, a UNESCO world heritage site with over 100,000 Buddha images carved into a mountain side. From Longmen we take a high speed train to Xi'an, where we arrive later that evening, where we transfer to our hotel.

#### **Day 7-8 Xian**

Xi'an is one of many cities that was once capital of the great Chinese empire. We gather for an orientation walk exploring the inner city which is surrounded by 9 miles (14 km) of ancient city walls which, weather permitting, we will explore by bike during our time in Xi'an. In the evening, we explore the Muslim Quarter, with its Great Mosque, multi-cultural feel, shopping lanes, and street-side food

stalls selling nan, kebobs, and a fine array of sweets.

On our second day enjoy some free time to wander the city or visit the world famous Terracotta Warriors, built over 2000 years ago. Emperor Qinshi Huangdi arranged for the thousands of warriors and their horses to be crafted and aligned so as to eternally protect his mausoleum. Discovered in 1974 by a local farmer, they were meticulously unearthed.

Departing Xi'an on Day 8 we take a flight to Guilin arriving in the morning and transferring by public bus (approximately 1½ hours) to the small countryside town of Yangshuo where the Li River winds its way around thousands of limestone karst mountains.

### **Days 9-10 Yangshuo (1L)**

Orientation walk of Yangshuo this morning. Every turn in the road brings you to another picture-postcard sight. Take a boat ride along the stunning Li River, stop at markets and picturesque villages along the way or observe one of the local traditions: cormorant fishing.

Enjoy a leisurely evening of Day 9, experience some of Yangshuo's famous nightlife or go see the Liu San Jie, a 500 person show by Oscar winning and Beijing Olympic Ceremony director Zhang Yi Mou.

On day 10 we take a full-day bike ride through the surrounding countryside with a local guide to gain an insight into rural Chinese life.

### **Days 11-13 Longsheng/Guilin**

Longsheng is famous for centuries old rice terraces often referred to as the Dragon's Backbone rice terraces, built along forested mountain slopes poking into the clouds and punctuated by hillside villages showcasing the unique wooden architecture of the local Zhuang and Yao people. This is arguable one of the most authentic and peaceful tastes of rural China one can experience today without camping or actually being a Chinese farmer. Our hike takes us between these traditional villages on ancient stone paths carved along the terraces over centuries by the local people. Awesome in all seasons, from the deep green of summer to the snow dusted winter, Longsheng is a memorable experience.

On day 13 we travel back to Guilin to board an overnight train to Shenzhen (approx 14 hours).

### **Day 14 Hong Kong**

After an early arrival in Shenzhen, cross the border and catch the metro in to the heart of Hong Kong. Prepare for the change of pace as you enjoy your last night's dinner in the most dynamic city in Asia. Explore Stanley Market, shop, eat, go up Victoria Peak or take a harbor cruise, wander around Stanley Market, jump on the famous Star Ferry or go exploring one of the nearby islands. There's so much more to Hong Kong than just the bright lights of Kowloon. You may wish to arrange extra nights' accommodation in this exciting city.

### **Day 15 Hong Kong**

Free to depart anytime.

## **What's Included**

---

Entrance to the Great Wall and trek, Entrance and guided tour of the Forbidden City, Beijing Hutong Bicycle Tour, biking on the ancient city wall, Shaolin Monastery, Yangshuo cycling, Longsheng village to village trekking, Yangshuo and Hong Kong orientation walks.

## **Highlights**

---

Exploring Beijing's Forbidden City and hutongs, walking the Great Wall, trekking through rice terraces, cycling old city walls and rural villages, watching kung fu monks

## **Dossier Disclaimer**

---

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

---

## Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

---

## Important Notes

As we use (sometimes crowded) local transport and at times travel by foot please note backpacks are required for this trip (not suitcases).

---

## Group Leader Description

All our G Adventures group trip is accompanied by a G Adventures Chief Experience Officer (CEO) in China. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

---

## Group Size Notes

Max 15, Avg 10

---

## Meals Included

1 Breakfast, 1 Lunch.

---

## Meals

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. For all trips please refer to the meals included and budget information for included meals and meal budgets.

---

## Meal Budget

Allow USD275 - 375 for meals not included.

---

## Transport

Train, local bus, plane, bicycle, walking.

---

## Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

---

## Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of



If your call is specifically concerning Beijing Airport Transfer complications please call our local G Adventures Transfer provider directly at: +86 1391 0388 356 –Ms Xiaofeng Chen (Beijing)

#### EMERGENCY CONTACT NUMBERS

G Adventures Local Office (China): Annie Liu

During Office hours (Weekdays, 9am-5pm Local Time): +86 028 8556 9729; +86 138 8079 9290 (China)

G Adventures Asia Manager: Julie Fitzgerald

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time)

From outside Thailand: +66 2 381 5574

From within Thailand: 02 381 5574

After hours emergency number (SE Asia Manager)

From outside Thailand: +66 87 049 6074

From within Thailand: 087 049 6074

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0844 272 0000

Calls from Germany: 01805 70 90 30 00

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## What to Take

---

You will be on the move a good deal, so our general advice is to pack as lightly as possible. As this itinerary has a fairly active theme we suggest a good pair of shoes suitable for hiking and biking as well as sunglasses and a hat.

## Checklist

---

Suggested Items:

- Windproof / waterproof jacket / umbrella / poncho
- Small towel / swimsuit
- Day pack for daily personal items
- Sun hat / sun block / sunglasses
- Wet wipes / Moist towelettes / Hand sanitizing lotion
- Alarm Clock
- Hiking pants / track pants / long trousers
- Hiking footwear/sturdy walking shoes
- Ear plugs for light sleepers
- Moisturizer, Lip balm
- Toiletries (biodegradable)
- Water bottle / Plastic mug / Cutlery
- Flashlight
- Money belt
- Insect Repellent
- Tampons
- Protein bars, chocolate, dried fruits, candies and snack foods.
- First-aid kit (should contain lip salve, Aspirin, band aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, insect repellent, extra prescription drugs you may be taking)

Optional Items:

Camera and film, reading/writing material, binoculars, cover for backpacks.

Documents:

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- USD cash
- Credit or debit card (see personal spending money)
- G Adventures vouchers, pre-departure information and dossier
- Any entry visas or vaccination certificates required

## Laundry

---

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## Visas

---

Please note that visas for China and Hong Kong are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. For the most up to date information please check your governments foreign ministry website or with you travel agent as rules do change. It is important that you check for yourself. For most travellers there will probably have an embassy and consulate in the country that you live in. Please note that China and Hong Kong are two separate government areas so you go through two sets of immigration procedures. If your trip finishes in Hong Kong and you are travelling back into Mainland China then you may need a double entry visa. Please check your travel itinerary.

## Detailed Trip Notes

---

China has emerged as a great tourist destination in the last ten years and is an intriguing and rewarding destination to visit. Developing at a fast rate, travel is becoming easier for foreigners but please be aware that English is still not widely spoken outside the large cities and that accommodation, toilet facilities and some transportation is not yet at the same level as you would expect in developed countries. If you are able to bring with you a lot of patience, a great sense of humour and a willingness to try and interact with the local people, your travel experience will be greatly enhanced.

## Spending Money

---

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## Money Exchange

---

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com).

As of May 2011 the exchange rate for China was 1 USD = 6.5 CNY (Chinese Yuan).

Cash (Chinese Yuan) is the best method of money in China. There are some ATM machines at international airports and major cities that accept Visa and debit cards but these should not be relied on as a source of funds. We recommend the use of cash and traveller's cheques in major currencies (USD, CAD, GBP, EUR, AUD, HKD) as a backup. Major credit cards are accepted in a few shops (except for AMEX and Diner's) but they may charge a 2-4% transaction fee.

## Emergency Fund

---

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Departure Tax

---

Departure Tax is included in all International and Domestic tickets in China.

## Tipping

---

Traditionally in China tipping is not expected and thus there is no need to tip in restaurants and your general interaction with locals; however, tipping is customary - though not compulsory - in the tourism industry and not only shows an expression of satisfaction it

may also be of considerable significance to the people who will take care of you during your travels. There are times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO may offer to collect the money and tip as a group.

Recommendations for tipping drivers and local guides would range from 1 to 3 USD per person per day depending on the quality and length of the service; ask your CEO (CEO) for specific recommendations based on the circumstances and culture. A suggestion would be for each group member to contribute anonymously by putting their tip into an envelope. This often works the best and the group as a whole should gather to present the gift to the recipient(s), offering their thanks and showing their appreciation. This method brings the action out into the open, allowing for a friendly and appreciative interaction between the group and the recipient(s).

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$5 USD per person per day can be used.

## Optional Activities

---

All prices listed are in Chinese Yuan (CNY), per person (unless stated otherwise), and are subject to change as services are provided by third party operators.

- Cable car at Great Wall 55CNY each way
- Toboggan at Great Wall 45CNY
- Summer Palace 60CNY
- Lama Temple 25CNY
- Beijing Duck 100-150CNY
- Acrobat show 120CNY
- Kungfu show 150CNY
- Bell & Drum Tower 50CNY
- Xi'an Ming Dynasty Wall 40CNY
- Bicycle rental on Xi'an Wall 25CNY
- Great Mosque 25CNY
- Yangshuo Cooking class 100CNY
- Victoria Peak tram 56HKD round trip

\*\*\*Please note these are examples of the entrance fees charged, this does not include hiring transport to/from the destination (unless stated otherwise)

## Health

---

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

## Safety and Security

---

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with

options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

- [www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

---

## Trip Specific Safety

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

---

## Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information. Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at:

[www.gadventures.com/medical-form](http://www.gadventures.com/medical-form).

---

## A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

---

## Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we

require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## Planeterra-The G Adventures Foundation

---

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit [www.planeterra.org](http://www.planeterra.org)

### Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

## Local Dress

---

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or mosques or other holy sites.

## Feedback

---

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Please visit <http://www.gadventures.com/evaluations>

## Newsletter

---

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## Travel Forum - The Watering Hole

---

Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at [wateringhole.gadventures.com](http://wateringhole.gadventures.com).