



China & Tibet: Great Wall, Lhasa & Terracotta Warriors

12 days, Beijing to Chengdu

Trip code ACPD

What's included

- Your Foodie Moment: Peking Duck Lunch, Beijing
- Your OMG Day: Tangka Painting or Cooking Class, Lhasa
- Arrival airport transfer in Beijing
- Guided Beijing city tour
- Visit to Tiananmen Square
- Visit to the Forbidden City
- Hike along the Mutianyu Great Wall
- Visit to a local community in Beigou Village
- Traditional local winery experience with wine tasting
- Meet a local artist and participate in a plant-dyeing workshop
- High-speed train from Beijing to Xi'an
- Visit to the Terracotta Warriors Museum
- Visit to the Ancient City Wall of Xi'an
- Internal flights
- Visit to Jokhang Temple
- Visit to Sera Monastery
- Watch the monks' daily scripture debate (subject to monastery schedule)
- Visit to the Potala Palace
- Choice of one OMG experience: Tibetan Thangka painting workshop, or Tibetan cooking class
- Visit to Ganden Monastery
- Visit to People's Park with traditional tea house experience
- Visit to the Dujiangyan Panda Base
- Tai Chi class at Qingcheng Mountain
- Explore Qingcheng Mountain via shuttle and cable car
- Transportation to/from all included activities
- All tips included, except portage and CEO tips

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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 June 18th, 2026 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Welcome to Beijing

Begin your adventure in Beijing with an included arrival transfer to your hotel before meeting your fellow travellers and CEO at a welcome briefing. Then, set out on a short orientation walk through the neighbourhood to get acquainted with nearby restaurants, shops, and local amenities before

gathering for a welcome dinner at a local restaurant. Afterward, return to the hotel, with the rest of the evening at leisure to relax before the journey ahead.



Meals included

Dinner



Accommodation

Beijing New World Centre Tongpai Hotel (or similar)

Hotel



Today's Activities

Welcome Moment - Meet Your CEO and Group

Beijing

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour and join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Day 2

Imperial Beijing: Tiananmen & Forbidden City

Begin the day at the symbolic heart of Beijing with a visit to Tiananmen Square before stepping through the gates of the magnificent Forbidden City, the former imperial palace that served as the seat of China's emperors for nearly 500 years. After savoring a classic Peking duck lunch, wander the narrow hutong alleyways for a glimpse into traditional Beijing life. Later, travel to your OMG Stay at The Mutianyu Great Wall, enjoy an orientation walk through the surrounding area, and spend the evening at leisure.



Meals included

Breakfast | Lunch



Accommodation

Brickyard Retreat at Mutianyu Great Wall (or similar)

Hotel

Nestled at the foot of the Mutianyu section of the Great Wall, Brickyard Retreat is a boutique hotel set within a beautifully restored former tile factory. Blending industrial heritage with contemporary design, the property offers a peaceful escape with stunning Great Wall views, thoughtfully designed rooms, and an atmosphere that feels worlds away from Beijing.



Today's Activities

Tiananmen Square

Beijing

Explore one of the world's largest public squares and the symbolic centre of Chinese power. Framed by the Gate of Heavenly Peace with its Mao portrait, Mao's Mausoleum, the Great Hall of the People, the National Museum, and with elaborate flag raising and lowering ceremonies at dawn and dusk, it's a place of pilgrimage for the Chinese tourists who consider it the heart of their nation.

ACTIVITY

Enjoy a lunch of one of Beijing's most iconic dishes, peking duck! Known for its crispy skin and tender meat roasted with fruitwood, it will be served with thin pancakes, sweet bean sauce, scallions, cucumber, and more!

Hutong Walk

Beijing

2h-4h

Take a walking tour through some of Beijing's traditional alleyways and backstreets (known as hutongs) and get a taste of this magnificent metropolis.

Private Vehicle

Beijing - Huairou

2h-2h

Settle in and scan the scenery from the convenience of a private vehicle.

Forbidden City Visit

Beijing

2h

Check out the iconic Forbidden City in the heart of Beijing. For 500 years the palace was only accessible to the emperors' attendants and officials by invitation only. Visit sights and wander through the Three Great Halls or stand in the shade of the cypress trees in the Imperial Garden.

Journey to the magnificent Mutianyu section of the Great Wall, where you'll hike along one of China's most iconic landmarks while taking in sweeping views of the surrounding mountains. This afternoon, discover life beyond Beijing with a visit to a traditional village, learning about its history before touring a family-run winery and sampling locally produced spirits. End the day meeting a local artist and creating your own plant-dyed tie-dye keepsake using centuries-old techniques passed down through generations.



Meals included

Breakfast | Dinner



Accommodation

Brickyard Retreat at Mutianyu Great Wall (or similar)

Hotel

Nestled at the foot of the Mutianyu section of the Great Wall, Brickyard Retreat is a boutique hotel set within a beautifully restored former tile factory. Blending industrial heritage with contemporary design, the property offers a peaceful escape with stunning Great Wall views, thoughtfully designed rooms, and an atmosphere that feels worlds away from Beijing.



Today's Activities

Mutianyu Great Wall Visit

Beijing

3h

Climb the rolling hills of Huairou County at Mutianyu, one of the best-preserved sections of the Great Wall. Enjoy scenic views as the wall winds along mountain ridges, and take brag-worthy photos of the wall from any of the 22 towers. The Great wall is an incredible piece of engineering stretching 6000 km west from the mountain ridges north of Beijing. It was originally constructed to protect Chinese empires from nomadic northern tribes, and even though it failed in this purpose, it's still one of the country's most remarkable achievements and an iconic destination. The Mutianyu section of the Great Wall is located about 80km away from the Beijing City Center. The walk is approximately 5 kilometres and will take 2 to 3 hours depending on your level of fitness.

Traditional Village Winery Experience

Beijing

Step inside a family-run village distillery where centuries-old winemaking traditions are still practiced today. Discover the journey from whole grains to handcrafted mountain wine as you explore the fermentation workshop, witness traditional distillation techniques, visit the historic wine cellar, and finish with a tasting of authentic local wines.

Traditional Plant Dyeing Workshop

Beijing

Meet a local artist and discover the ancient art of Chinese plant dyeing in his community-based workshop. Learn how natural dyes are created from local plant materials, design and hand-dye your own textile using traditional tie-dye techniques, and gain insight into a centuries-old craft that supports both cultural heritage and sustainable local livelihoods.

Day 4

Ancient Capital to Silk Road Xi'an

Check out this morning and board a high-speed train bound for Xi'an, watching the landscapes of northern China unfold along the way. Upon arrival, settle into your hotel before joining your CEO for an orientation walk, ending in the vibrant Muslim Quarter, where lively markets, historic streets, and tempting local street food create an unforgettable first impression of China's ancient capital.



Meals included

Breakfast | Dinner



Accommodation

Manxin Hotel Xi'an Bell Tower South Gate (or similar)

Hotel



Today's Activities

Bullet Train

Beijing - Xi'an

4h30m

1100km

Sit back and relax on your speedy journey from Beijing to Xi'an.

Travel to one of China's greatest archaeological treasures, the Terracotta Warriors, where thousands of life-sized soldiers stand guard over the tomb of the country's first emperor. After enjoying a home-cooked lunch with a local family near the site, return to Xi'an to explore the remarkably preserved Ancient City Wall, with the option to cycle along its historic ramparts while taking in panoramic views of the city.



Meals included

Breakfast | Lunch



Accommodation

Manxin Hotel Xi'an Bell Tower South Gate (or similar)

Hotel



Today's Activities

Terracotta Warriors Visit

Xi'an

4h

Visit the site of the Terracotta Warriors, an archaeological treasure where approximately 8,000 soldiers and hundreds of horses stand on guard in three excavated pits in an on-site museum. Learn how the underground warriors were discovered (by accident) in 1974, and why Emperor Qin Shihuang commissioned the statues to serve as his army in the afterlife.

Xi'an City Wall South Gate

Xi'an

3h

Xian City Wall is the most complete city wall that has survived in China, as well being one of the largest ancient military defensive systems in the world. Along the moat is a beautiful park. You could either walk on the wall or rent a bike and cycle around, traffic free! The wall was first built in 1370. In rectangular shape the whole length is 13.7 Km.



Optional Activities - Day 5

Cycling Xi'an City Walls

Xi'an

45-45CNY

1h-2h

Rent a bike and cycle the Xi'an city walls. The walls – built for protection in the Tang Dynasty and expanded in the Ming dynasty – are a great way to absorb local history. Hop off where you like and admire the views as you pedal along the 12m (39 ft) wide wall, which takes about 2 hrs to cycle along.

Day 6

Journey to the Roof of the World

This morning, fly from Xi'an to Lhasa, where the dramatic landscapes of the Tibetan Plateau signal the start of the next chapter of your adventure. After arriving in Tibet's captivating capital, settle into your hotel and take time to acclimatize to the altitude before joining your CEO for a short orientation walk to discover the neighbourhood and prepare for the days ahead.



Meals included

Breakfast | Dinner



Accommodation

UrCove Lhasa Potala Palace (or similar)

Hotel



Today's Activities

Plane

Xi'an Xianyang International Airport - Lhasa Gonggar Airport

4h-5h

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Day 7

Spiritual Lhasa: Jokhang & Sera Monastery

Discover the spiritual heart of Tibet with a guided visit to the revered Jokhang Temple, where pilgrims have gathered in devotion for centuries. After lunch, continue to Sera Monastery to witness the fascinating tradition of monk debates, an animated display of Buddhist learning and philosophy. Later, return to your hotel or spend free time exploring the vibrant Barkhor Street at your own pace.



Meals included

Breakfast | Lunch



Accommodation

UrCove Lhasa Potala Palace (or similar)

Hotel



Today's Activities

Jokhang Temple Walking Tour

Lhasa

Join your CEO for a guided visit to Tibet's most sacred temple, where centuries of history, culture, and devotion come to life. Explore the magnificent Jokhang Temple, admire its unique blend of architectural styles, and experience the vibrant atmosphere of Barkhor Street as pilgrims circle this revered spiritual landmark.

Sera Monastery Tour

Lhasa

1h30m

Visit the Sera Monastery and witness the monks engaged in lively debate, a philosophical practice they have held for hundreds of years.

Day 8

Your OMG Day: Potala Palace & Tibetan Traditions

Today is your OMG Day! Begin the day with a visit to the iconic Potala Palace, the former winter residence of the Dalai Lama, where towering white and red walls rise above Lhasa and reveal centuries of Tibetan history and devotion. In the afternoon, you'll have the chance to choose between two unforgettable cultural experiences: learning the intricate art of traditional Thangka painting with local

artists, or joining a hands-on Tibetan cooking class to prepare classic dishes and handmade momos. End the day gathering for dinner together and sharing the flavours and stories of your chosen experience.



Meals included

Breakfast | Dinner



Accommodation

UrCove Lhasa Potala Palace (or similar)

Hotel



Today's Activities

Potala Palace Tour

Lhasa

2h

Enjoy a tour of Potala Palace, a magnificent structure and true architectural wonder built in the 1600s and steeped in history. This is where the Dalai Lamas would meditate, handle affairs of state, and eventually where their burial stupas remain. Check out the golden statues, three dimensional mandalas, ancient scriptures, and the devoted pilgrims who circle the palace day and night. This is truly a remarkable place.

ACTIVITY

Personalize your day with one of two immersive Tibetan experiences. Try your hand at traditional Thangka painting, learning the intricate techniques behind Tibet's iconic sacred art under the guidance of local artists, or join a Tibetan cooking class, shopping for fresh ingredients at a local market before preparing classic dishes, including handmade yak and vegetarian momos. Whichever experience you choose, everyone comes together to enjoy a delicious homemade Tibetan dinner.

Day 9

Sacred Peaks & Local Tibetan Life

Begin the day with a journey to the remote Ganden Monastery, the first monastery of the Gelug school of Tibetan Buddhism, dramatically set high above the Lhasa Valley on a mountainside ridge. Explore its sacred temples and monastic halls before continuing along the kora path for a picnic lunch surrounded by sweeping Himalayan views. Later, visit a local Tibetan family to gain insight into

everyday life and traditions in this high-altitude region. Return to Lhasa in the afternoon with time to rest or explore at leisure.



Meals included

Breakfast | Lunch



Accommodation

UrCove Lhasa Potala Palace (or similar)

Hotel



Today's Activities

Ganden Monastery & Scenic Picnic

Lhasa

Journey to the spectacular Ganden Monastery, the oldest monastery of the Gelug school of Tibetan Buddhism, dramatically perched high above the Lhasa Valley. Explore this remarkable mountaintop complex before taking a short walk along the monastery's scenic kora trail to a peaceful picnic spot, where you'll enjoy lunch surrounded by breathtaking Himalayan views.

Free Time

Lhasa

Enjoy free time to explore Lhasa at your own pace.

Day 10

Chengdu Arrival: Tea Culture & People's Park

Depart Lhasa and fly to Chengdu, trading high-altitude mountain views for the relaxed rhythm of Sichuan's capital. On arrival, head to Tianfu Square before continuing to People's Park, where you'll stroll tree-lined paths and experience Chengdu's famous tea culture in a traditional teahouse with over a century of history. This evening, celebrate your arrival in Sichuan with an included traditional hot pot dinner, a local culinary specialty.



Meals included

Breakfast | Dinner



Accommodation

Tibet Hotel Chengdu (or similar)

Hotel



Today's Activities

Plane

Lhasa Gonggar Airport – Chengdu Shuangliu International Airport

2h-3h

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

People's Park Chengdu

Chengdu

Built in 1911, the People's Park was the first public park in Chengdu. It's the largest green area in downtown. The park features an artificial lake, gardens, teahouses, and is a popular place for locals to enjoy the outdoors.

Day 11

Pandas & Qingcheng Mountain Serenity

Begin the day at the Dujiangyan Panda Base, a leading conservation centre where bamboo forests and semi-wild habitats support vital research and preparation for panda reintroduction into the wild. After time with these iconic animals, continue to Qingcheng Mountain for a grounding Tai Chi class at the entrance before ascending by cable car to the Ciyun Pavilion. From here, explore forested paths towards the Laojun Pavilion, taking in the tranquil mountain scenery before descending and returning to Chengdu. End the day with time to rest and a farewell dinner with your group.



Meals included

Breakfast | Dinner



Accommodation

Tibet Hotel Chengdu (or similar)

Hotel



Today's Activities

Dujiangyan Panda Base Visit

Chengdu

Visit the Dujiangyan Panda Base, a leading conservation and research center dedicated to protecting China's iconic giant pandas. Set within a sprawling bamboo forest, you'll observe pandas in a naturalistic environment while learning about the pioneering breeding, rehabilitation, and reintroduction programs helping secure the species' future.

Mount Qingcheng Cable Car

Chengdu

Ride the cable car to Ciyun Pavilion before enjoying a scenic walk through the tranquil mountain landscape to Laojun Pavilion. Take in the peaceful surroundings and panoramic views before returning to Ciyun Pavilion for the cable car ride back down.

Day 12

Departure Day

End your journey with breakfast and a final morning at leisure, with time to depart at any time that suits your onward travel plans.



Meals included

Breakfast



Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's included

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What are the main highlights of this trip?

Walk the Great Wall at Mutianyu beneath sweeping mountain views, Stand face to face with Xi'an's ancient Terracotta Warriors army, Wander Beijing's imperial heart from Tiananmen Square to the Forbidden City, Step into Lhasa's Potala Palace and sacred Jokhang Temple, Meet China's giant pandas at the Dujiangyan conservation base

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Is there a disclaimer I should read before booking this trip?

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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.

Is there a travel disclaimer for my itinerary I should review before booking this trip?

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.

What important notes should I be aware of before the trip?

INTERNET ACCESS

Please note while traveling through mainland China you will not be able to access some popular internet websites, certain websites such as Google, Dropbox, Gmail, Facebook, Instagram, Twitter, WordPress, etc. It may be possible to access some of these websites using a VPN. If you wish to use above blocked sites, we suggest you get a suitable VPN on your device prior to travel.

Peak season notice: Golden Week falls between October 1st and 7th, 2019/2020/2021. Please note that Golden Week is a semi-annual 7-day or 8-day national holiday for the people of China. This is a very busy time of the year for domestic tourists, so expect some crowding at major attractions. We recommend booking these dates well in advance as accommodations and transportation availability is extremely limited.

ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

What is the role of the group leader during this trip?

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.

What is the maximum and typical number of participants on this tour?

Max 16, avg 12

What meals are included in this trip?

11 breakfasts, 4 lunches, 7 dinners

What are the meals like on this trip?

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. 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.

What are the modes of transportation on my trip?

Private vehicle, walking, bullet train, plane.

Are local flights included in the cost of the trip?

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.

Where will we stay during the trip?

Hotels (11 nts)

If I choose to purchase My Own Room, are there any exceptions during the trip?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through G Adventures in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our driver will be waiting for you with a G Adventures sign, and they will be waiting for you outside the luggage hall. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Your flight must arrive by or before 3pm on Day 1.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually around 5pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What should I do if I can't find my airport transfer or experience arrival issues?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who do I contact for arrival issues or in the event of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

Your arrival transfer has been arranged based on flight information provided to us. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please call or go to the information centre and ask the staff there to help to call our local G Adventures Transfer provider directly at: +86 18122213686 – if the driver cannot arrive anytime soon, please take a taxi to your start point hotel.

If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense.

EMERGENCY CONTACT NUMBERS

G Adventures Local Tour Operator (China):

Head Office: +86 18122213686

Beijing Office: +86 010-65128789 or +86 13379009576

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 Sales team who will happily assist you. Hours of operation by region can be found [here](#).

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

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 details should I be aware of when planning my departure day?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

What are the packing guidelines and luggage restrictions?

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. While suitcases are not recommended for most G Adventures trips a rolling bag of small to medium size (no XXL ones please!) is quite suitable for this trip as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.

Do not bring any knives or swords into China (gifts or otherwise). If they do make it into the country, they will not be permitted on trains. If you purchase a knife or sword while travelling elsewhere before arriving in China your best option is to post/mail it home before entering the country as no post/mail companies in China will accept it as a parcel.

What should I pack for this trip?

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Footwear (required) (Closed toe suggested)
- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Warm Weather:

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

Where can I do my laundry on this trip?

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.

What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

Please note that visas 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. We keep the following information up to date as much as possible, but rules do change. It is important that you check for yourself with the embassy of each country. Your travel agent can assist. Please, keep in mind that all countries require passports valid for at least 6 months from the moment of departure from the country.

CHINA:

If you require a visa to enter China, you may also need an official Letter Of Invitation (LOI) before you can apply for your Chinese visa. If you require a Letter of Invitation (LOI) to apply for a Chinese visa, please fill out & submit the following request [form](#)

You can obtain the LOI through our visa support agent in China. The visa support link you need to complete will be sent to you or your travel agent by email when you confirm your booking. You must read the instructions carefully and fill out all the details.

Please ensure that you list the same details as appear on your LOI when filling out your Chinese Visa Application form.

IMPORTANT: while travellers can enter China with any Visa type, you must possess an 'L' Visa (tourism/short term visitor) in order to be granted a Tibetan permit.

HOW TO FILL IN CHINA LOI FORM ONLINE:

As Chinese visas are dated specifically for entry and exit, please ensure you enter the correct dates as per your flights entering and exiting China. Please remember to put exactly the same dates when you fill out the application at the Chinese embassy. You will need to provide additional documentation to the consulate (i.e. flights tickets, hotel reservations) if these dates fall outside the duration of the tour.

Please do not submit the below application until 3 months prior to your entry into China. The details will be forwarded to our local agent in China and your Letter of Invitation (LOI) will be issued within 10 business days of receipt.

Letter of Invitations (LOI) will be issued as a matter of priority based on the number of days from departure.

Once you have received your LOI you can apply for your visa by going to the nearest Chinese embassy. Please, remember that it is your responsibility to check whether passport details, name spelling and dates on the LOI are correct.

You must print out the full set of application forms including the 'Confirmation of Online Visa application' and 'Visa Application Form of the People's Republic of China'. All pages of each form must be printed out. The signature and date on the Confirmation Page and the 8th page of Visa Application Form of the People's Republic of China must be

handwritten by the applicant themselves. Visa applicants under the age of 18 must be signed by their guardian while also adding a handwritten signature in the 'For person filling in the application on the applicant's behalf'.

IMPORTANT: if you require a visa for China and plan to travel within 3 months of your entry into China, we strongly recommend that you avoid travel outside of your home country during the period between your visa application up until the time your visa is approved. In many cases, travellers who apply for a visa to China while in another country outside of their home country, will be denied their visa.

Travellers must have at least two blank passport pages available for each country they will visit on your tour. These are required for entry & exit stamps.

TIBET:

As Tibet continues to be a sensitive area for travel to the Chinese government, you must refrain from listing Tibet as one of the places you are going to visit as your application form or your Visa will be denied.

If you require a visa to enter China, G Adventures will provide you with the necessary documents to obtain your Chinese Visa, as per the China section above. Once you receive your Chinese Visa, please send a copy of this to experience@gadventures.com so we can arrange your Tibet permit.

We must receive your China Visa copy no later than 31 days prior to departure, to ensure your Tibet permit can be obtained in time.

If you do not require a visa to enter China, we will require a coloured copy of the passport you will be travelling on. We highly encourage you provide this as early as possible, but no later than 31 days prior to departure.

Where can I read detailed notes about this trip?

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.

Due to Internet restrictions, some popular websites and applications – including social media sites like Facebook and email services like Gmail – may not work in China. If you think these restrictions may affect you, we suggest you do research before your departure in order to be prepared. Bear in mind the availability of websites and apps can change without notice at any time.

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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.

What should I know about currency, credit cards, and exchanging money while on this tour?

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

As of April 2024 the exchange rate for China was 1 USD = 7.25 CNY (Chinese Yuan).

Although the most common payment methods in China are apps such as WeChat Pay and Alipay, we strongly recommend carrying some cash as a backup, since credit cards or mobile apps may not always work. We also suggest setting up either WeChat Pay or Alipay on your device before arriving in China. We strongly suggest setting up either Wechat or Alipay on your device prior to coming to China. This will require you link a credit or debit card to these apps and also set up a data roaming package to use in China so that you can make payments locally. Please check the terms and conditions carefully when you set up account and payment. Credit cards may work with big vendors in first tier cities like Beijing, Shanghai or Hong Kong but it's not guaranteed and less likely to work in other cities or towns and small vendors.

What emergency funds do I need access to on this trip?

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!

What activities are optional on this trip?

Xi'an

- Cycling Xi'an City Walls
(45-45CNY per person)

Are there any health considerations I should know before travelling?

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.

What general safety tips and free-time guidelines should I follow?

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/

Are there any specific safety considerations for this itinerary?

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.

What are the mandatory group rules regarding laws and behaviour?

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.

What are the mandatory travel insurance requirements for this trip?

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.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How should I dress to respect local customs during the tour?

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 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.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

Does G Adventures have an email newsletter I can subscribe to?

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/

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.

What are the age restrictions for this trip?

Minimum age of 18 years for this trip.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

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.