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Sorry! There are no remaining departures for "Iconic China: Beijing to Tibet" (ACCNG), [but here are some similar trips](#).

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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.



Last Updated: September 1, 2020



Iconic China: Beijing to Tibet

15 days, Beijing to Shanghai

What's included

- Your Journeys Highlight Moment: Tangka Painting demonstration, Lhasa
- Your Journeys Highlight Moment: Dumpling-Making Lesson, Lhasa
- Your Journeys Highlight Moment: Behind-the-Scenes with the Shanghai Acrobats & Performance, Shanghai
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Shanghai
- Arrival transfer
- Tour of Tiananmen Square, Forbidden City, and the Temple of Heaven
- Visit the Mutianyu section of the Great Wall
- Bike ride along the Xi'an city walls
- Orientation walk through Xi'an's Muslim Quarter and street markets
- Tour the museum of the terracotta warriors
- Orientation walk in Barkhor square
- Tour of Jokhang Temple, Potala Palace, and the Tibetan Medicine Institute
- Visit an academy for tangka painting
- Sera Monastery visit
- Tibetan cooking class
- Visit a panda breeding centre
- Yangtze River cruise
- Three Gorges Dam tour
- Shanghai acrobats show and behind-the-scenes tour
- Interesting articles, helpful tips, and photography advice from National Geographic before you depart
- Internal flights
- All transport between destinations and to/from included activities

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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 July 30th, 2015 - April 4th, 2016

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

Beijing

Arrive at any time and transfer to the hotel. Enjoy a first taste of Chinese cuisine with a Peking Duck welcome dinner.

Spend the day resting or taking in the local surroundings. In the evening, there will be a welcome meeting with the tour leader and fellow travel companions, followed by a scrumptious Peking Duck dinner.



Meals included

Dinner



Today's Activities

Arrival Transfer

Beijing Capital International Airport – Beijing

You will be met at the airport and transferred to the hotel to start your adventure.

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to 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.

Visit key sites of Beijing with a tour of the famed Tiananmen Square, Forbidden City, and the Temple of Heaven.

Delve into the history of Beijing, visiting the Forbidden City and Tiananmen Square. Hear tales of emperors and their concubines, a long-crafted culture and rich tradition. Witness how ancient Chinese customs are still valued today, but also blended with modern technology and western influences. Also visit the Temple of Heaven and its surrounding grounds, where locals are while away the hours, practicing water calligraphy and Tai Chi, playing cards, and walking pet crickets, all with the colourful Temple of Heaven in the background.



Meals included

Breakfast



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.

Forbidden City Tour

Beijing

2h

Our CEO will steer around crowds and help make the most of a visit to the Forbidden City.

Temple of Heaven

Beijing

Explore the stunning Temple of Heaven, which was built during the rule of the Ming dynasty. Learn more about the history and significance of this place, often referred to as the symbol of Beijing.

Private Vehicle

Beijing

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

Take a walk along the 500-year-old Mutianyu section of the Great Wall of China. Spend time exploring the towers, views, and the magnificent structure of this unique wonder. In the evening, board an overnight sleeper train to Xi'an.

One of the greatest structures ever built, the Great Wall was constructed in stages over 2,000 years ago. It stretches 6,000km (3,728 mi) westwards from the sea to western China. The section we visit is called Mutianyu and is one of the best preserved Ming Dynasty sections reachable from Beijing. Arrive at the wall, walk up and explore a stretch by foot while taking in the spectacular views as it winds along the mountain ridges.

Afterward, prepare for our overnight sleeper train journey to Xi'an, which we will board in the evening.

Accommodation this evening will be in Soft Sleeper train cars which have 8-9 compartments per cabin. One compartment includes four beds (two upper and two lower) and a sliding door which can be locked.



Meals included

Breakfast



Today's Activities

Private Vehicle

Beijing

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

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.

Basic Overnight Train (beds)

Beijing - Xi'an

12h-15h

Experience overnight travel like a local. Sit back and get some well-earned (and likely much-needed) rest en route to your next stop.

Day 4

Xi'an

Arrive early into Xi'an where we enjoy a leisurely bike ride along the ancient city walls. In the evening, visit the vibrant Muslim Quarter and local markets and opt to try some of the best street food in China.

Arrive in the ancient Chinese capital and traditional silk road terminus, Xi'an, in the morning. We will be met and transferred to our hotel. After settling in, gather for an inner city bike ride along 14km (9 mi) of ancient city walls.

In the evening, explore the multicultural feel of the Muslim Quarter, with shopping lanes and street-side food stalls selling naan, kebabs, and a fine array of sweets. Opt to try some of the best street food in China - the spicy beef and lamb kebabs are always a favourite.



Meals included

Breakfast



Today's Activities

Cycling Xi'an City Walls

Xi'an

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.

Muslim Quarter Orientation Walk

Xi'an

1h

Enjoy a walk around Xi'an's Muslim Quarter with our CEO, and be introduced to favourite streets, artists, chefs or food stalls in the quarter. Each CEO offers a unique perspective. Get a better feel for the district and have plenty of time to roam around on your own, shopping and eating along the way.

Day 5

Xi'an

Visit the famed Terracotta Warriors – an archaeological wonder built over 2,000 years ago to protect the tomb of Emperor Qin Shi Huang. After, visit a local village for lunch. End the day by sampling the local fare, with a dinner of pita and lamb stew.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Terracotta Warriors Guided Tour

Xi'an

3h

2km

Take a guided tour of the Terracotta Warriors where more than 8,000 clay soldiers and hundreds of replica horses and chariots stand in three pits. Learn why the Emperor Qin Shihuang commissioned the statues to serve as his army in the afterlife and how they were discovered. Spend a half-day exploring this archaeological wonder.

Village visit and lunch

Xi'an

1h

Visit a village close to where, in 1974, a local farmer digging a well unearthed one of the greatest archaeological discoveries of the century: the Terracotta Warriors. Explore a bit and enjoy a delicious local lunch.



Optional Activities - Day 5

Tang Dynasty Dinner

Xi'an

88-158CNY

Opt to enjoy a Tang Dynasty dinner this evening, sampling a banquet of local cuisine in the true style of an emperor and empress. Dinner will never be the same again.

Day 6

Xi'an/Lhasa

Fly over the Himalayas to Tibet. Settle into our Lhasa hotel, our home for the next three nights, before setting out on an orientation walk with a local guide through Barkhor Square.

Take a spectacular morning flight over the Himalayas to Lhasa, Tibet, the roof of the world at an altitude of 3,700m (12,140 ft). Enjoy a relaxed pace in the afternoon as we adjust to the altitude, and take a leisurely orientation walk with our local guide.

Lhasa is at an altitude of over 3,700m (12,140 ft). You may experience headaches, nausea, and lethargy on arrival in Lhasa. It is important to be aware of the affects of altitude on one's tolerance. We recommend that you consult your doctor at home for any altitude sickness medication.



Meals included

Breakfast



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.

Barkhor Square Orientation Walk

Lhasa

1h

Explore the square with your CEO and learn more about this city.

Enjoy a guided visit to the Potala Palace, the sacred Jokhang Temple, and the Tibetan Medicine Institute to learn more about Tibetan spirituality and culture. Also visit a Tangka Academy to observe this ancient and intricate art form, considered sacred to Buddhist. The works usually depict a deity, scene, or mandala and are tied directly into Buddhist teaching and meditation.



Meals included

Breakfast



Today's Activities

Private Vehicle

Lhasa

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

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.

Jokhang Temple Tour

Lhasa

2h

Enjoy a tour of this beautiful temple, which has been called the spiritual heart of Tibet. Watch prostrating pilgrims circle the temple day and night, some of them traversing the extremes of the Tibetan landscape by foot to come here and celebrate their faith. Make a kora ("revolution" in Tibetan) of the Barkhor, the holiest devotional circuit, which surrounds the Jokhang and houses a market bazaar where people bargain for Buddha images, yak skulls with ruby eyes, woodcarvings, carpets, prayer wheels, and the odd goat's head.

Tibetan Medicine Institute Visit

Lhasa

1h

Learn about the teachings and traditions of Tibetan medicine. Built in 1916, Mentsekhang (also called Tibetan Medical and Astrological Institute) was used for the research of Tibetan medicine and calendar calculations for the former local government. After a large expansion in 1980, it became the main center for the treatment, training, research, and production of Tibetan medicine in the region.

ACTIVITY

Visit a studio in Lhasa that teaches the ancient Tibetan art form known as tangka painting. These intricate works, often depicting mandalas or deities, are considered sacred to Buddhism and are tied to teaching and meditation.

Day 8

Lhasa

Visit the historic Sera Monastery, one of the great Tibetan Universities famed for its open debates among monks on the Buddhist doctrines. Later take a cooking class with a local chef and make (and eat) Tibetan momo beef dumplings.



Meals included

Breakfast | Lunch



Today's Activities

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.

ACTIVITY

Momos are dumplings native to Tibet. Join a local chef for a lesson in making these tasty little bites. When it comes to time to eat them, they'll be served with a special milk tea. Delicious!

Private Vehicle

Lhasa

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

Day 9

Lhasa/Chengdu

Fly to Chengdu and enjoy the rest of your day at leisure.

Fly down into the Sichuan Valley, leaving the arid Tibetan plateau behind. Be prepared to try some of the spiciest food in all of China in Chengdu. Our tour leader will take us straight to spice-lovers heaven! Sichuan is also famous for its opera, and, as a direct influence from the food- its spicy ladies.



Meals included

Breakfast



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.

Visit the Panda Breeding Centre to learn about and observe these gentle animals. Later, catch a train to Chongqing and board a luxury riverboat for the first night on the Yangtze.

The majority of the world's remaining pandas live in the mountains of Sichuan. Early in the morning we'll visit the Breeding Center to see the pandas stretch after a long night's slumber, then dig in to a healthy bamboo breakfast. At this hour the pandas should be their most active, as they romp in their playground environment.

Later we'll head to Chongqing, where our Yangtze River cruise boat is docked. We'll enjoy a brief visit to the city of Chongqing, then board our vessel and settle in for the upcoming cruise.

For our river cruise we use Victoria Cruise lines. Onboard facilities include a single-seating dining room, atrium lobby, two lounges, three bars, a gym, lecture room, library, beauty salon, massage room, and gift shop. All cabins are outside and have private balconies and bathrooms with bathtub and shower. All ships are fully air conditioned and have the latest satellite communications, HBO, CNN, and internet access.

Important note: The cruise company is subject to change at any time and without notice.

While on the cruise, any bar purchases, items of a personal nature such as gifts, laundry, internet, telephone, medical services, spa and beauty services are not included and are payable by the passenger. There is no cash flow aboard, you will simply sign for purchases made and your final bill may be settled during your last night or last day on board, in any major currency, major credit card, or travellers checks.

Do not drink the tap water on board. One bottle of spring water is provided per person per day in your cabin. You may also request boiled water. All water and ice in the Yangtze Club and Dining Room is safe to drink. The water is boiled, treated and filtered. Voltage on board is 220 volts (110 volts in the bathroom).

Casual attire is recommended on board and ashore. For the captain's cocktail party and farewell banquet, we suggest bringing a dressier outfit.



Meals included

Breakfast



Today's Activities

Giant Panda Breeding Center

Chengdu

3h

Visit the popular pandas at the Chengdu Research Base of Giant Panda Breeding, created to provide an ideal breeding environment for these endangered creatures. Learn about their life cycle and habitat and take memorable photographs of these iconic national treasures. See a number of other rare species, including the little-known red panda. Arrive in the fall for a chance to see tiny newborn pandas.

Private Vehicle

Chengdu - Chongqing

4h30m

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

Cruise the Yangtze River with daily shore excursions that can include Fengdu, Shibaozhai, or Wanzhou; sailing through Qutang Gorge/Wu Gorge, Daning River Small Gorges, or Shennong Stream, and sailing through Three Gorges dam ship locks. Relax in comfortable cabins and enjoy onboard activities such as tai chi, tea tasting, and Chinese calligraphy classes.

The mighty Yangtze River splits China into north and south, and runs all the way from Chongqing to Shanghai. We cruise through one of the most geographically dramatic sections of the river, called the Three Gorges. Here, the scenery is impressive, and we see the rock formations change as we pass village after village.

While on the boat, enjoy one of the several activities planned, or just laze the days away taking photos.

Meal times will vary depending on the schedule of excursions and activities; times will be posted daily. Meals are served in the single-seating Dynasty Dining Room. Sumptuous western and Chinese buffets are offered at breakfast, lunch, and dinner.

All shore excursions and gorge visits will depend on the season and river conditions



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Yangtze River Cruise (Comfort)

Yangtze River

48h

Shore excursions are included over the next few days, including trips to various temples and walled cities which we pass along the way. We'll learn about the areas we float by from the local guides. Enjoy free time relaxing on deck or at the lounge.

Daily shore excursions can include: Fengdu, Shibaozhai, or Wanzhou; sailing through Qutang Gorge/ Wu Gorge, Daning River Small Gorges, or Shennong Stream; sailing through Three Gorges dam ship locks, and an optional excursion to White Emperor City.

Onboard activities include lectures on Chinese history and culture, Tai Chi lessons, tea tasting, and calligraphy demonstrations. There are also shows and entertainment performed by the talented staff.

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Breakfast | Lunch | Dinner



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Day 13

Yangtze River/Shanghai

Enjoy a tour of Three Gorges Dam (dependent on river conditions) before flying to Shanghai.



Meals included

Breakfast



Today's Activities

Three Gorges Dam Tour

Yichang

4h

Marvel at this engineering feat. View the dam from the outside -- it's the best way to gain perspective on this structure. Opt to tour Three Gorges, which is open for tourists who want to learn more.

Private Vehicle

Yichang - Yichang Airport

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

Plane

Wuhan Tianhe International Airport - Shanghai Pudong International Airport

1h30m-2h

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

Private Vehicle

Shanghai Pudong International Airport - Shanghai

1h-1h30m

52km

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

Enjoy free time to explore on your own. Opt to visit Yuyuan Gardens or the Shanghai Museum. Later, get a behind-the-scenes peek at the famed Shanghai acrobats, visiting their training room, interacting with the artists and learning about this ancient tradition, followed by an awe-inspiring performance.



Meals included

Breakfast



Today's Activities

ACTIVITY

Get a behind-the-scenes peek at the famed Shanghai acrobats, visiting their training room, interacting with the artists and learning about this ancient tradition. After, enjoy the awe-inspiring performance of tumbling, balancing, and plate-spinning. There are amazing contortionists and high-wire walkers. The show blends Chinese acrobatics with state-of-the-art multimedia technology unlike anything you have ever seen.



Optional Activities - Day 14

Shanghai Museum

Shanghai

Free

Visit Shanghai Museum, home to a world-class collection of ancient Chinese art. Tour individual galleries devoted to such items as sculpture, bronze, ceramics, jade, coins, Ming and Qing Dynasty furniture, paintings, and calligraphy. Stop at the gift shop on your way out.

Yuyuan Garden

Shanghai

40CNY

Explore this tranquil, 400-year-old, five-acre garden. Climb to the top of the Rockery to see the greenery from above. Check out the Jade Rock and watch the swarms of fish swim around in the ponds. With multiple pavilions and halls there is plenty to see. Depending on when you visit there may be flower shows or tea ceremonies in the area. Opt to visit the bustling bazaar located outside the gardens and hone your bargaining skills.

Depart at any time.

Shanghai is a fascinating city - we recommend booking a few extra nights at the end of your tour to better explore the it.



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

- Your Journeys Highlight Moment: Tangka Painting demonstration, Lhasa
- Your Journeys Highlight Moment: Dumpling-Making Lesson, Lhasa
- Your Journeys Highlight Moment: Behind-the-Scenes with the Shanghai Acrobats & Performance, Shanghai
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Shanghai
- Arrival transfer
- Tour of Tiananmen Square, Forbidden City, and the Temple of Heaven
- Visit the Mutianyu section of the Great Wall
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- Visit an academy for tangka painting
- Sera Monastery visit

- Tibetan cooking class
- Visit a panda breeding centre
- Yangtze River cruise
- Three Gorges Dam tour
- Shanghai acrobats show and behind-the-scenes tour
- Interesting articles, helpful tips, and photography advice from National Geographic before you depart
- Internal flights
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Get up close and personal with pandas at a Sichuan breeding centre, learn how to make Tibetan momos (beef dumplings), take in Thangka art at a Tibetan academy in Lhasa, cruise the mighty Yangtze River on a luxury riverboat

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

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Is there an 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.

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

LUGGAGE WEIGHT RESTRICTIONS

There may be a weight restriction for the internal flights on this tour. Each passenger is allowed one checked bag with a maximum weight of 20kg (44 lb) and one carry-on with a maximum weight of 5kg (11 lb). Additional bags or excess weight charges may apply. These charges are the responsibility of the passenger.

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.

What is the group leader like?

Your G Adventures group trip is accompanied by a G Adventures Chief Experience Officer (CEO) in China. The aim of your CEO 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. G Adventures CEOs are experts in their region with a broad, general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local expert 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.

How large will the group be?

Max 15, Avg 10.

What meals are included in this trip?

14 breakfasts, 4 lunches, 4 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. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each others company. Your CEO will be able to suggest favourite restaurants during your trip. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Train, minibus, cruise boat, small canal boat, ferry, plane, walking.

What transportation will we take on this trip?

Train travel is often used throughout our China trips as it's an easily accessible and fast way to make the most of the time you have in China. While packing for your trip please note the following restrictions and remember that the local policies in place are for yours and everyone's safety.

Prohibited items on China's trains and metro:

1. Any knives or scissors
2. Items or food that have an unpleasant odour (ex. Durian)
3. Open liquor bottles (new bottles with the seal intact are okay)
4. Pressurized/flammable containers over 120ml in size (ex. sunscreen spray, mosquito repellent spray, hairspray, etc.)

Prohibited items on trains to/from Guangxi Province - Guilin/Yangshuo

1. Floria Water - a mosquito repellent water common in China
2. Self-heating food items (self-heating hot pot, rice, etc.)
3. As well as everything on the previous list above

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.

Is there an extra cost for travelling solo?

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 the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotels (10 nts), soft-sleeper overnight train (1 nt), Yangtze riverboat (3 nts).

Do any exceptions apply to Rooming or “My Own Room” on my tour?

Night 3; Sleeper Train

What is the joining hotel?

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

What are the joining instructions?

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 National Geographic Journeys 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 National Geographic Journeys sign with your name on it, and they will be waiting for you outside the luggage hall. There most likely will be many signs, so please check carefully for your name.

Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1, please make your way to the joining hotel via your included transfer. Details on where to meet your transfer can be found in your voucher notes or on the G Adventures app.

If you have booked pre-tour accommodations through G Adventures, please note that you must contact us to confirm the included arrival transfer. Check-in time at your start hotel will be in the afternoon.

Once you arrive at the hotel, 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.

Your CEO will contact you at the hotel on Day 1 and make sure you are settled comfortably. If you arrive late, they will leave you a message detailing what time and where you should meet the next morning. Your CEO will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip.

What happens if I experience problems when arriving?

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, please see our Emergency contact details below.

As a last resort we recommend that you make your own way to the Starting Point hotel, following the Taxi Instructions below. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

A. Taxi: Follow the signs to the taxi ranks once you have come out of the baggage hall. The ranks are clearly defined, and traffic guards will systematically put you into a taxi. Print out the name of your hotel in Chinese. A taxi ride will take between 34-45 minutes depending on traffic, and should cost between 95-120 Yuan (plus an extra 10 for the tollway).

DO NOT GO WITH ANYONE WHO APPROACHES YOU OFFERING A METERED TAXI WHICH IS PARKED IN THE LOT.

Who should I contact in case 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

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel

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

Beijing Airport Transfer Assistance:

+86 1391 0388 356 -Ms Xiaofeng Chen

G Adventures Local Tour Operator (China):

During office hours, Mon-Fri 9:30-18:00 Local Time

+86 199 3740 7980

After office hours emergency number: +86 187 0058 2383

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 should I take on my trip?

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. Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) 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.

There may be a weight restriction for the internal flights on this tour. Each passenger is allowed one checked bag with a maximum weight of 20kg (44 lb) and one carry-on with a maximum weight of 5kg (11 lb). Additional bags or excess weight charges may apply. These charges are the responsibility of the passenger.

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 be on my packing list?

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:

- 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
- Footwear
- 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

Light Hiking:

- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Walking poles

Smart Dress:

- Smart outfit (For evenings out)

Train Travel (Optional):

- Slip-on shoes
- Travel cutlery
- Small container with lid
- Travel or camp cup

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: from Apr-Aug is rainy season for most of Southern China, so please ensure you have some waterproof clothing. From Nov-Apr weather can be cold, so please pack warm clothing.

When 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 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](#)

CHINA: all nationalities require a visa to visit China

Most nationalities also need an official Letter Of Invitation (LOI) before they can apply for their Chinese visa.

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.

Passengers traveling to 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. We will provide you with the necessary documents to obtain your Chinese Visa, please use the details provided when filling out your Chinese Visa application form. Please submit a copy of your Chinese Visa to us once you receive it in order to arrange your permit for Tibet.

Norwegian nationals travelling to Tibet:

Please be advised that starting in 2018, travellers from Norway are now eligible to apply for a permit to enter Tibet. However, please keep in mind that applications made by Norwegians are being reviewed very carefully by the Tibetan authorities. If you are planning to travel with a Norwegian passport, please ensure that you have appropriate travel insurance in case your Tibetan Permit application is unsuccessful.

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 you will be emailed your Chinese Invitation Letter (With day by day Itinerary) only once we are within 60 days of the trip start date.

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.

As of April 3rd, 2018, all Chinese visa application forms must be typed. Handwritten forms will no longer be accepted.

Following the successful implementation of their 144 hour visa free program for the Shanghai district, The Ministry of Public Security of China have announced the extension of the 144 hour visa free program for provinces of Beijing, Tianjin and Hebei. As of the 29th of December 2017, over 50 foreign nationals can now enter or exit via one of the following ports:

- Beijing Capital International Airport
- Railway West Railway Station
- Tianjin Binhai International Airport
- Tianjin International Cruise Homeport, or
- Shijiazhuang Zhengding International Airport in Hebei Province and Qinhuangdao Harbor.

Where can I read detailed notes about this trip?

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.

How much spending money do I need for my trip?

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 March 2014 the exchange rate for China was 1 USD = 6 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.

How much emergency money should I bring 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!

Do I need to pay a departure tax?

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

Should I be tipping on my trip?

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 is 3 USD per person per day and depending on the quality and length of the service; ask your 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).

Tipping for service staff on the River cruise is included in the price of your trip. This however, does not include a gratuity to the river guide or cruise director, which may be given at passengers' discretion based on their satisfaction with services received, as can gratuities for additional special services requested by passengers to individual service staff.

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.

What activities are optional on this trip?

Xi'an

- Tang Dynasty Dinner
(88-158CNY per person)

Shanghai

- Shanghai Museum (Free)
- Yuyuan Garden (40CNY per person)

Are there any health considerations I should know before travelling?

Please note that Lhasa is at an altitude of over 12,140 ft (3,700 m). You may experience headaches, nausea, lethargy on arrival in Lhasa. It is important to be aware of the affects of altitude on one's tolerance. We recommend that you consult your doctor at home for any altitude sickness medication.

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 information pertaining to the country you are traveling to well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as a full supply of any personal medical requirements. In Asia, you will not find the same drugs as you get at home. Please be aware that sometimes we are in remote areas and away from medical facilities. Also note that for legal reasons our Leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. 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. For travellers over 70 years a completed Medical Form is required. Discovery Adventures reserves the right to exclude any traveller from all or part of a trip without refund if, in the reasonable opinion of the CEO, they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What do I need to know to about safety and security on my trip?

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/

What are the trip specific safety considerations?

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 rules should I know before joining this trip?

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.

Is travel insurance required for my 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?

When packing be aware that dress standards are conservative throughout Asia. To respect this and for your own comfort, we strongly recommend modest clothing. This means covering shoulders and no short shorts. Loose, lightweight, long clothing is both respectful and cool in the predominantly hot Asian climate. Shorts should be knee-length.

In Tibet, often times you should cover your arms and legs, especially when entering a monastery.

How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that 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. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

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.

How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

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

However, on some combo 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.