

# EXPEDITIONS



## SIGNATURE: SOUTHWEST CHINA FROM SHANGRI-LA TO SHANGHAI

10 days, Chengdu to Shanghai

Trip code ACDSNS

## WHAT'S INCLUDED

- Your G for Good Moment: Jia Community Restaurant, Yangshuo
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Chengdu
- Signature Moment: Dujiangyan Panda Base Visit, Dujiangyan Shi
- Your Foodie Moment: Chengdu Hot Pot Dinner, Chengdu
- Your Foodie Moment: Sichuan Spice Market & Cooking Class, Chengdu
- Your Foodie Moment: Visit and Long Table Dinner at Luna Village, Luna
- Your Local Living Moment: Tibetan Family Visit, Shangri-La
- Arrival and departure transfer
- Sample Tea at a local Tea House
- Yulong Snow Mountain and Impression Lijiang Show
- Baisha Village Visit
- Songzanlin Monastery
- Old Town Shangri-La
- Sunset Li River Cruise
- Fuli Village Visit
- Shanghai Circus World Acrobatics Show
- Shanghai French Concession
- Yuyuan Garden
- Engaging Discussions with the National Geographic Expedition Expert throughout
- Porterage at hotels and when getting on and off of vehicles
- Tips are included for all activities, meals and porterage, except for your Expedition Leader
- All transport between destinations and to/from included activities

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

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

**VALIDITY:** Valid for all trips departing October 27th, 2025 and onwards

## ITINERARY

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**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

## CHENGDU

Welcome to China. Your expedition begins as you touch down in Chengdu where you will be met at the airport and transferred to your hotel. Take a moment to absorb the relaxed rhythm of this city, where tea houses spill onto the sidewalks and the air carries the faint scent of chili oil. Join your National Geographic Expedition Leader for an orientation walk through the neighborhood, navigating the neon-lit streets. In the evening, gather with your fellow travellers and National Geographic Expeditions Expert for a presentation on the expedition ahead followed by a welcome dinner sampling your first taste of the region's famous ma la (numbing and spicy) flavors.

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### Meals included

Dinner

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### TODAY'S ACTIVITIES

Arrival Transfer

Chengdu Shuangliu International Airport - Chengdu

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

#### ACTIVITY

Your opportunity to meet your Expedition Leader and fellow travellers, and learn more about your tour. 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. Enjoy a reception with wine, beer, and soft drinks, followed by an expert-led "Introduction to China" presentation and a welcome dinner.

Day 2

## CHENGDU

Travel into the mist-shrouded Qingcheng Mountains to the Dujiangyan Panda Base for an exclusive meeting with Mr. Zhang, the “Father of Pandas”, and gain exclusive access to behind-the-scenes areas for a deep dive into conservation. Return to the city to experience local life at a traditional tea house, sipping jasmine tea while watching the dramatic face-changing masks of a Sichuan opera performance. The day concludes with a quintessential hot pot dinner, gathering around a bubbling pot of rich, red broth to cook fresh meats and vegetables in the communal style of the region.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Niccolo Chengdu (or similar) **Hotel**



### TODAY'S ACTIVITIES

Private Vehicle

**Chengdu - Dujiangyan Shi**

1h30m

70km

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

#### ACTIVITY

Enjoy an exclusive, behind-the-scenes experience at the renowned Dujiangyan Panda Base. Meet the “Father of Pandas”, who offers rare insight into giant panda conservation.

Tea House Visit

**Chengdu**

Visit a popular traditional teahouse where you'll savor locally brewed tea while enjoying an opera performance alongside locals.

#### ACTIVITY

Enjoy a delicious and spicy bowl of Sichuan hot pot in one of China's foodie capitals.

Day 3

## CHENGDU/LIJIANG

Dive into a fragrant Chengdu spice market. Walk past sacks overflowing with bright red chilies and numbing Sichuan peppercorns, learning to identify the ingredients that define this UNESCO City of Gastronomy. Take your finds to a traditional courtyard kitchen for a hands-on cooking class. Under the guidance of a local chef, learn to balance heat and flavor before savoring your creations for lunch. In the afternoon, fly west to Lijiang, watching the landscape shift from the fertile basin to the rugged foothills of the Himalayas. Touch down in this UNESCO World Heritage town and transfer to your resort, breathing in the crisp, thin air of the Yunnan highlands.



### Meals included

Breakfast | Lunch



### ACCOMMODATION

InterContinental Lijiang Ancient Town Resort (or similar) Hotel



### TODAY'S ACTIVITIES

#### ACTIVITY

Wander through a bustling local market to uncover the signature spices and fresh ingredients that define cuisine from Sichuan Province. Continue to a traditional courtyard restaurant for a hands-on cooking class to learn how to craft authentic Sichuan dishes under the guidance of a local chef. For lunch, eat the dishes created during the class.

Private Vehicle Chengdu – Chengdu Shuangliu International Airport 1h30m 70km

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

Plane Chengdu Shuangliu International Airport – Lijiang Sanyi Airport

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

Private Vehicle Lijiang Sanyi Airport – Lijiang

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

Day 4

## LIJIANG

Ascend the slopes of Jade Dragon Snow Mountain by cable car, rising through the clouds to 3,600 meters (11,800 ft). Stand before the glacier-capped peak, watching the snow glint against the blue sky, and witness the Impression Lijiang show, a massive outdoor performance set against the mountain backdrop. After lunch, travel to the ancient villages of Baisha and Luna to meet community leaders. The day culminates with an exclusive long table dinner at Luna Village. Join Naxi locals for a communal banquet of seemingly endless dishes, accompanied by the rhythm of traditional drums, folk dances, and toasts of homemade barley wine – a true immersion into the hospitality of the highlands.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

InterContinental Lijiang Ancient Town Resort (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle Lijiang - Yulong 1h 31km

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

Yulong Snow Mountain and Impression Lijiang Show Lijiang

Ascend by cable car to Yunshan Ping, where sweeping vistas of the snow-capped peak unfold in every direction. Complete the experience with a performance of Impression Lijiang, an open-air production set against the mountain itself.

Private Vehicle Lijiang - Baisha 45m 18km

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

Baisha Village Visit Baisha

Explore Baisha ancient village on the edge of Yulong mountain.

Private Vehicle Baisha - Luna 45m 18km

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

## ACTIVITY

Explore Luna ancient village and immerse in Naxi culture with a communal banquet featuring traditional music, dances, local barley wine, and a hearty spread of Yunnan specialties.

Day 5

## LIJIANG

Board a high-speed bullet train that climbs higher into the mountains, arriving in the mythical region of Shangri-La. Visit the magnificent Songzanlin Monastery, the "Little Potala Palace," where golden roofs shine against the stark landscape. You are welcomed by a resident monk for an exclusive tour. Walk the sacred kora circuit, smelling the juniper incense and hearing the low chant of prayers. Later, step into the warm, timber-framed home of a local Tibetan family. Sip rich, salty yak butter tea and taste traditional momos as they share stories of life on the plateau. Stroll the cobblestones of the Old Town before returning to Lijiang for dinner.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

InterContinental Lijiang Ancient Town Resort (or similar) Hotel



### TODAY'S ACTIVITIES

Bullet Train Lijiang - Shangri-La 1h45m 140km

Get to your next destination faster than the speed of light (ok maybe not that fast) aboard a high-speed train.

Old Town Shangri-La Visit Shangri-La

Stroll through the charming streets of the old town, soaking in local Tibetan architecture and culture before returning to Lijiang.

Songzanlin Monastery Visit Shangri-La

Explore the largest Tibetan monastery in Yunnan, taking a gentle walk along its sacred Kora and experiencing the spiritual atmosphere.

#### ACTIVITY

Enjoy an authentic cultural encounter with a local Tibetan family, sampling yak butter tea, snacks, and Tibetan momos.

Bullet Train Shangri-La - Lijiang 1h15m 140km

Get to your next destination faster than the speed of light (ok maybe not that fast) aboard a high-speed train.

Day 6

## LIJIANG/YANGSHUO

Fly south to Guilin and transfer to the subtropical paradise of Yangshuo, where limestone karsts rise like dragon's teeth from the rice paddies. In the late afternoon, board a private boat for a relaxing cruise along the Li River. Drift past water buffalo cooling in the shallows and fishermen on bamboo rafts. As the sun sets, sip a glass of wine and watch the dramatic peaks turn silhouette-black against a purple sky – a landscape immortalized in Chinese painting for centuries. Disembark to walk through the lively riverside energy near New West Street before settling in for a local dinner.



### Meals included

Breakfast | Dinner



### ACCOMMODATION

Yangshuo Sugar House (or similar) **Hotel**

Yangshuo Sugar House is a stunning resort set within a vividly cinematic landscape of Karst mountains and the meandering Li River. This architectural marvel transforms a 1960s sugar mill into a post-industrial retreat, blending retro design with modern elegance. Guests can enjoy a spa housed in old molasses tanks, a pool with dramatic peak views, and rock climbing on limestone cliffs. Surrounded by misty hills, it offers a tranquil, five-star gateway to the natural and cultural treasures of idyllic Guilin.



### TODAY'S ACTIVITIES

Private Vehicle **Lijiang – Lijiang Sanyi Airport** 45m 28km

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

Plane **Lijiang Sanyi Airport – Guilin Liangjiang International Airport** 1h45m-2h 1300km

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

Private Vehicle **Guilin Liangjiang International Airport – Yangshuo** 1h30m 88km

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

Sunset Li River Cruise **Yangshuo**

Enjoy a private late-afternoon boat ride along the Li River, enjoying wine, beer, snacks, and the iconic karst landscape bathed in sunset light. Disembark near New West Street and enjoy a short walk through the lively riverside area before dinner at a local restaurant.

Day 7

## YANGSHUO

Step back in time at Fuli Village, wandering ancient stone streets to see artisans hand-painting traditional fans and fermenting rice wine. Cross the river to the Jia Community Restaurant, a G Adventures-supported organization. Enjoy a farm-to-table lunch of Guilin noodles and hear the owner's inspiring story of community support. In the afternoon, ascend to the Qixianfeng Tea Plantation, a sea of green terraces shrouded in mist. Learn the delicate art of picking tea leaves and processing them by hand. Conclude the day with dinner in a hilltop pavilion, looking out over the endless layers of limestone mountains fading into the distance.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

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### TODAY'S ACTIVITIES

Fuli Village Visit **Yangshuo**

Explore a 300-year-old village and watch locals craft traditional rice wine and tofu, gaining insight into local artisanal practices.

Private Vehicle **Yangshuo - Xingping** 1h 30km

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

Ferry **Xingping**

Get to the next spot on your route aboard a convenient and efficient ferry boat.

ACTIVITY

Enjoy a traditional Chinese meal served by rural women working to create new opportunities for their families. Since the migration of men to urban centres is common in rural regions, women and children now have a safe place to gather and learn together at Community Corners, created by the Rural Women's Development Foundation. In Liandaowan Village, you'll enjoy a meal and support women developing new work skills to become self-reliant. This initiative helps to create meaningful employment alternatives to agriculture as a source of income.

Private Vehicle [Xingping – Yangshuo](#) 2h 45km

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

Private Vehicle [Yangshuo](#) 45m-1h 20km

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

Qixianfeng Tea Plantation Visit [Yangshuo](#)

Learn about ancient tea production while wandering the plantations and soaking in the beautiful views. Qixianfeng Tea Plantation was voted as the most beautiful highland tea field in China, nestled in Yangshuo's karst mountains. Taste some samples in a tea ceremony and learn about different types of tea from a local expert.

Day 8

## YANGSHUO/SHANGHAI

Fly to Shanghai, the futuristic pulse of modern China. Once you have freshened up, head out for a tasty dinner of typical Shanghai dishes before taking your VIP seat for the spectacular ERA 2 Acrobatics Show. Hold your breath as performers execute gravity-defying stunts and motorcycle feats, a dazzling display of precision and artistry that mirrors the energy of Shanghai itself.



### Meals included

Breakfast | Dinner



### ACCOMMODATION

The Peninsula Shanghai (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle

Shanghai Pudong International Airport - Shanghai

1h-1h30m

52km

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

Shanghai Circus World Acrobatics Show

Shanghai

Enjoy VIP seating at this award-winning performance, showcasing breathtaking acrobatics and jaw-dropping stunts.

Private Vehicle

Yangshuo - Guilin Liangjiang International Airport

1h30m

84km

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

Plane

Guilin Liangjiang International Airport - Shanghai Pudong International Airport

2h30m

1300km

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

Day 9

## SHANGHAI

Walk the plane-tree-lined avenues of the Former French Concession, admiring the Art Deco villas and hearing stories of the city's colonial past. Wander the classical rockeries and koi ponds of Yuyuan Gardens then have a light lunch at the bazaar. Take some free time to refresh then conclude your expedition with a group dinner and discussion reflecting on the dynasties, landscapes, and cultures you have traversed.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

The Peninsula Shanghai (or similar) Hotel



### TODAY'S ACTIVITIES

French Concession Shanghai 1h

This French Concession was a ceded territory that belonged to France in China from 1849 until 1946. It's now an upscale neighbourhood with a decidedly French flavour and boasts impressive examples of French architecture. Stroll through serene, leafy boulevards, some with French names, such as Avenue Joffre, and admire the beautiful buildings.

Yuyuan Garden Shanghai 1h

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.

Group Dinner in Shanghai Shanghai

Conclude the journey with a local dining experience accompanied by a wrap-up presentation from a local expert.

Your expedition concludes today. Transfers are provided to the airport at any time during the day.

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## Meals included

Breakfast

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## TODAY'S ACTIVITIES

Departure Transfer **Shanghai - Shanghai Pudong International Airport**

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

Departure Day

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

## What's included

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- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Chengdu
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## What are the main highlights of this trip?

Panda conservation Go behind the scenes learning about the conservation and care of giant pandas, Naxi long table feast Share a communal banquet, barley wine, and traditional music with Naxi villagers, Sichuan cooking class Shop a spice market and master the heat of Sichuan cuisine in a hands-on class, Tibetan family visit Sip yak butter tea and share stories in the home of a local Tibetan family, Jia Community lunch Enjoy a farm-to-table meal and hear the story of a G Adventures-supported restaurant.

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

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## 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?

### COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

### 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. 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 group leader like?

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

## **How large will the group be?**

Max 22

## **What meals are included in this trip?**

9 breakfasts, 6 lunches, 8 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 Expedition Leader 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, Plane, Bullet Train, Boat, Ferry.

## **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?**

Yes, for those travelling solo there is a single supplement

## **Where will we stay during the trip?**

Hotel (9 nights)

## What kind of accommodation can I expect 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

## 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 National Geographic Signature Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Please note that day 1 is an arrival day and no activities have been planned on this day.

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 Expedition Leader. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your Expedition Leader 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 Expedition Leader will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## 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. Included arrival transfers are provided from the nearest airport to your starting location. 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. 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.

### 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: 1 800 394 5416

Calls from UK: 0800 041 8146

Calls from Germany: 0800 181 9454

Calls from Australia: 1 800 204 905

Calls from New Zealand: 0800 424 389

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

## What information should I be aware of as the itinerary draws to a close?

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

## **Are there any additional packing suggestions I should consider?**

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 be on my packing list?

## 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

## 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.)

## 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](#)

### 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.

### 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'.

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.

## 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](http://www.xe.com).

As of January 2026 the exchange rate for China is 1 USD = 7 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 lik

## 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!

## Should I be tipping on my trip?

On our National Geographic Signature tours, tipping is included for all included activities and meals, and portage. Tipping is not included for the Expedition Leader. Should you want some basic guidelines on tipping for the activities you do on your own, please see below. At the end of each trip if you felt your National Geographic Signature Expedition Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline would be \$10-\$15 per person per day.

For meals and activities not included in your itinerary, traditionally in China, tipping is not expected and thus there is no need to tip in restaurants and your general interaction with locals.

In addition, please note that tipping is not required or expected for the Expedition Expert.

## What activities are optional on this trip?

- No optional activities

## 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 Expedition Leader 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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Expedition Leader 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 and explore at your leisure. While your Expedition Leader 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 judgement 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. 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 Expedition Leaders 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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

## 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 Expedition Leader 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 Expedition Leader, 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.

## 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 National Geographic Signature Specialist 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.