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2 -16 Nov 2011 (15 days) Yunnan Explorer & Tiger Leaping Gorge Trek 14-days
Trip Cost Rm4400 (per pax for group of 8 pax), Rm4200 (10-11 pax), Rm4000 (12 pax and above)

Update 23 Jun11. We now start on 4th Nov instead of 2nd Nov, using MH PROMO fare (individual) for KL-Kunming-KL of **Rm414** (taxes extra Rm740). We now have 16 confirmed participants, many of them at Promo fare. As of today, the Promo fare is finished for our trip dates. We still have places on our trip but flights will be higher. Please check www.malaysiaairlines.com for latest fares. Fares as at today is Rm1420 excluding tax Rm740. We will adjust the Trip cost will be adjusted lower or higher, depending on participant's actual flight cost.

Update 23 Jan 10. We now fly Shenzhen Airlines in out Kunming. Trip cost above is based on **flight fare of Rm1010** of Shenzhen airlines.. We will adjust the trip cost if the air ticket is lower or higher based on the current fare. Kindly email rachelheng123@gmail.com for registration.

IMPORTANT NOTICE This is meant to be a "free and easy" adventure trip. Participants should be relatively fit, with a good sense of humour, and above all, have the right attitude for close travel with others through possibly some trying times. Most definitely, this is not a trip for prudes, whiners, fuss-pots, and other similiarly assorted types! We had a couple of those before and it wasn't pleasant for us or them. Although every effort will be made to stick to the given itinerary, ground conditions may change and cause some disruption and/or deviation from the norm. Otherwise, have fun.



Minorities/UNESCO's Lijiang Old Town /Autumn leaves in Mingyong Glacier

This is frontierland, China ! Yunnan is like the last bastion of Han China, before merging into Tibetan China on its west, and Indo-China on its south and east. The result is a land where myriad cultures thrive; from the UNESCO World Heritage Site Lijiang, to Tibetan Zhongdian and Deqin, the latter marking the route proper into Tibet . But culture aside, Yunnan also abounds in adventure, with the Mingyong Glaciers outside Deqin, horsing around in the pastures of Yak Meadow and surely the highlight, a 4 days trek onto the Tiger Leaping Gorge—a walk of wondrous sights, scents, and senses!

This trip involves travel by some public buses and an 8 days bus or jeep hire. We stay in a mix of 2 star hotels with attached bathrooms in bigger towns and guesthouses with common or shared bathrooms in smaller places. As with most Yongo trips, you pay for your own meals, entrance fees, horse hires, bicycle hire and other activities.



Along the TLG / Snowing on the way to Zhongdian

Note on the TLG Trek - We leave our main luggage with the vehicles and carry only what is needed on the 3 days trek. The last group used the horses to carry the luggage at a cost of Rm30 per luggage for the duration of the trek, at member's own expense. This is recommended because it was much easier walking without the backpacks. We'll enjoy the scenery and photo-taking much better. Participants can also opt to ride all the way or part of the way. The cost was Rm50 for a day hire. A few past participants decided on this for the "steep" 28 bends on day2 and all walked the rest of the way after hitting the top. Another option is for 2 pax to share one horse i.e. taking turns riding and walking.

Day 1 Kunming (Wed 2 Nov): Assemble by 7AM for Kunming flight MH352 at **905AM on Wednesday 2 Nov 2011**, arriving at 1240 Noon. Free time to wander about Kunming. Overnight (ON) Kunming.

Day 2 Dali (Thu 3 Nov): In the morning we go by public bus to Dali 190km 3hr. Dali is a backpacker's haven rivaling Yangshuo in Guangxi. There is a vibrant "foreigner's street" lined with cafes and street stalls. We spend the rest of the day and evening there. ON Dali.

Day 3 Lijiang (Fri 4 Nov): We spent the morning visiting the local market, cycling in Dali countryside and a visit to nearby Xizhou Old Town. After lunch we travel 4hr to Lijiang and overnight there. ON Lijiang

Day 4 Haba Village (Sat 5 Nov): We hire a bus for 8 days, first taking us through the Tiger Leaping Gorge lower roads, until the end of the Gorge, to the picturesque village of Haba. This trip will take about 4hr and after lunch, we do a short trek in this Yi-minority village with views of the the snow-peaked Haba mountains. The trademark of the Yis are their big kite-like hats worn by the ladies. ON at Haba Snow Mountain Inn. (*Note : Guesthouse stay with basic facilities*)



Songzanlin Monastery/ Giant Prayer Wheel in Zhongdian/ Bicycle ride to Baisha Naxi village

Day 5 Zhongdian (Sun 6 Nov): After breakfast, we drive on to Baishutai or White Water Terraces, only one of three places with travertine terraces in the world, before reaching Zhongdian aka Shangri-La. Total drive will be about 5 hr and we will time in the later afternoon to visit the nearby Tibetan Old Town. The Monastery has one of the biggest prayer wheel in the world, sited ontop a hill. ON Zhongdian.

Day 6 Deqin (Mon 7 Nov): We do a morning visit to Songzanlin Monastery, the largest Tibetan temple in Yunnan. Then its off to Feilaishi Deqin 168km 6hr. The population from Zhongdian onwards are 80% Tibetan. Felaishi is one of the favourite spots for China's photographers for excellent views of Unesco listed Meili Snow Mountains. ON Felaishi.





Spectacular Sunrise of Meili Snow Mountains from Felaishi

Day 7 Minyong Glacier (Tue 8 Nov): We wake up early to catch the sun as it rises over the Meili Snow Mountains peaking at 6740m. It will take us two hours to get to a village for Minyong Glacier climb, 2-3 hours trek one-way. Optional horse rides are available to take "non-climbers" up near the top. These mountains are a place of pilgrimage for Tibetans and also another UNESCO Site. ON Felaishi. (One needs to arrange some packed food and snacks (biscuits & chocolates) at provision shops either in Feilashi or in Minyong village. Instant noodles are also available near the top of Minyong Glacier).

Day 8 Zhongdian (Wed 9 Nov): We return to Zhongdian, stopping along the way to enjoy the spectacular views of the Meili & Baimang Snow Mountains, as well as the first bend in the Jinsha River, commonly known as the Omega Bend. In Zhongdian, we spend a second evening in the Old Town, and catch the Tibetans at their dance/exercise routine every evening at the Old Square. ON Zhongdian.

Day 9 Zhongdian/Tiger Leaping Gorge (TLG)1 (Thu 10 Nov): We spend the morning visiting Zhongdian's colourful local market. After lunch we drive on to Qiaotou 105km 2hr, the gateway to the famed Tiger Leaping Gorge or Hutiao Xia, one of the deepest gorge in the world. The whole 3 days trail is 15km from Qiaotou, but on this first day, it's a short 1.5hrs level stroll to the Naxi Family Guesthouse. ON Guesthouse. *(Note : Guesthouse stay with basic facilities)*

Day 10 TLG 2 (Fri 11 Nov): The second day includes a more difficult 900m height ascent known as the 28 bends. Without our main luggage, it is "expected" to be manageable. There is the option of riding up the bends on horses at Rm50 per horse. We overnight at the another Naxi guesthouse known as Tea Horse Trading Guesthouse. *(Note : Guesthouse stay with basic facilities)*

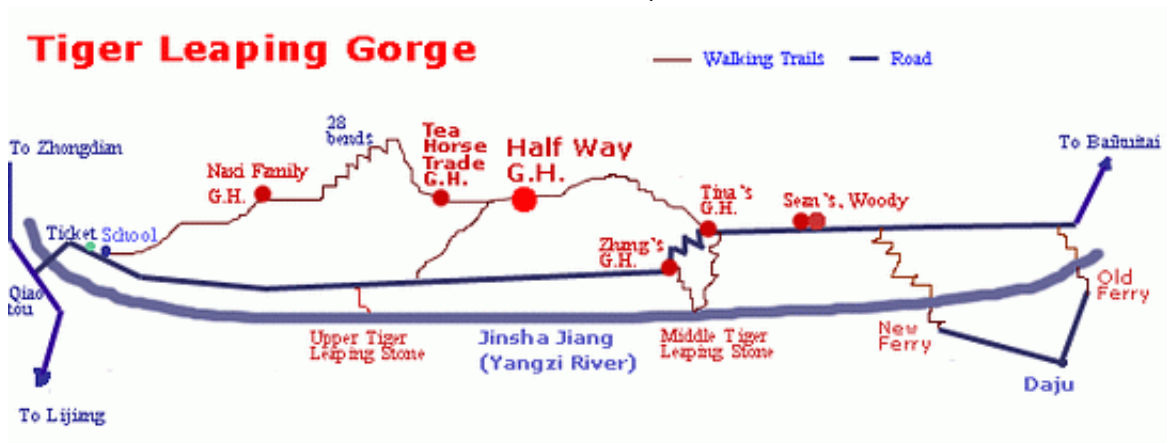
Day 11 TLG 3 (Sat 12 Nov): Our last day on the trek will be take us about 4 hours, mostly downhill. There are some nice waterfalls on the way down to Tina's Guesthouse where we lunch. We will be back in Lijiang by late afternoon to enjoy the shopping, eating and drinking. ON Lijiang.

Day 12 Lijiang (Sun 13 Nov): We start our day by going to a viewpoints at Lion Hill and Wangu Tower, for views of the rooftops of Old Lijiang. Then we take the group to a nearby and vibrant Naxi local market. Group is free for the rest of the day getting lost in the Old City of Lijiang with its huge complex of tourist shops and further inside, of quaint traditional houses, all criss-crossed by water channels. At night we have the option of Naxi Music Performance or Danba Music Performance in the Old Town theatres. Lijiang Old Town has a 800 year old history and is Unesco listed. ON Lijiang.

Day 13 Lijiang-train (Mon 14 Nov): Group have the option of cycling or taking local vans to wooden Baisha temple, some 10km away, to see the famous wooden frescoes. Walk about a bit in the one street village. We proceed to nearby Shuhe Ancient Town that has been tastefully restored and is now houses shops, eateries and quaint cafes. At night, we travel to Kunming by Overnight Sleeper Train.

Day 14 Kunming (Tue 15 Nov): Arrive in the early morning. After the hotel check ins, we visit the morning Kunming Flower Market that exports to all parts of China. We then visit the Bird Market and its adjoining local market. We also visit the huge tea market, one of the biggest in China. ON Kunming..

Day 15 Home (Wed 16 Nov): Fly home on MH353 departing at 140PM and arrive in KLIA at **520PM 16 Nov 2011.**



Map of Tiger Leaping Gorge

TERMS AND CONDITIONS

1. Cost cover airfares, budget accommodation, all town to town public bus trips and bus/jeep hires only.
2. Cost excludes airport taxes & fuel surcharges, visa fees (Rm58), meals, luggage on horse, cycling, entrance & activities fees and in-town taxis or bus on free days. Budget about Rm25 per day for meals i.e. Rm350 for 15 days.
3. Cost is subject to change depending on fluctuations in exchange rates and/or airfares.
4. Note that entrance fees are collected at almost every tourist places. We will compile a list in due course but be aware that because of the numerous places we visit, it can amount to a small fortune. Rough estimate Rm400.
5. We do not do compulsory shopping stops common to normal China tours nor do we collect compulsory up-front tips.
6. Rm800 is payable as deposit to confirm your place.

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