

Qingdao No.1 International School of Shandong



Hangzhou Trip

September 22nd – 26th, 2014

Pre- departure Information

The Program

The itinerary is for your reference. Your guide will provide final confirmation of assembly times as itinerary may change depending on your interests and circumstances.

Sep. 22nd, Mon	Qingdao/Hangzhou	Culture Plaza Hotel	Meals: L, D
06:30	Meet teacher chaperones at the Qingdao airport		
08:00	Board SC4773 and fly to Hangzhou		
09:30-10:15	meet and greet by guides at airport		
10:15-11:30	drive to Hangzhou		
12:00-13:00	lunch at local restaurant		
13:00-13:30	drive to Song Dynasty theme park		
13:30-15:30	visit Song theme park with 1 hour show (know better about Hangzhou history)		
16:00-17:00	visit Six Harmonies Pagoda		
17:00-17:30	proceed to city center		
17:45-18:45	dinner at local restaurant		
18:45-19:30	drive to Culture Plaza Hotel Hangzhou		
19:30	check in and stay overnight		
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Sep. 23rd, Tue	Longmen/Xisha Island	Culture Plaza Hotel	Meals: B, L, D
0700-0800	wake up call and get up		
0800-0900	breakfast at hotel		
0900-1030	drive to Longmen old town		
1030-1200	visit Longmen town		
1200-1300	lunch at local restaurant		
1300-1330	drive to Fuyang		
1345-1430	take boat trip on Fuchun River		
1430-1700	aboard the Xinsha Island and visit the island take bamboo raft and take electric cart to visit around the island		
1700-1740	beach sand volleyball match		
1740-1840	dinner and Bonfire (Note: for the bonfire, the local will provide the speaker, if students prefer to put some their own music for dancing, students can bring their own CDs to play)		
1900-1945	take boat trip back to Fuyang		
1945-2100	drive back to hotel in Hangzhou		

Sep. 24th, Wed	Hangzhou	Culture Plaza Hotel	Meals: B, L, D
0700-0800	wake up call and get up		
0800-0900	breakfast at hotel		
0900-0945	drive to West Lake		
0945-1030	boat cruise on West Lake		
1030-1130	visit Huagang Park		
1200-1300	lunch at local restaurant		
1300-1300	proceed to silk museum		
1300-1500	visit silk museum, do tie dying		
1500-1515	drive to Wansong Ancient Academy		
1515-1645	visit Wansong Academy		
1645-1700	transfer to lakeside park		
1700-1730	enjoy Music Fountain		
1730-1800	drive to restaurant		
1800-1900	dinner at local restaurant		
1900	drive back to hotel		

Sep. 25th, Thu	Hangzhou	Culture Plaza Hotel	Meals: B, L, D
0700-0800	wake up call and get up		
0800-0900	breakfast at hotel		
0900-1000	proceed to Shililangdang		
1000-1200	hiking at Shililangdang mountain top		
1200-1300	lunch at local restaurant		
1300-1400	Longjing tea farm		
1400-1500	drive to city center		
1500-1700	bowling games		
1730-1830	dinner at local restaurant		
1900	drive back to hotel		

Sep. 26th, Fri	Hangzhou/ Qingdao	Meals: B, L, D
0700-0800	wake up call and get up	
0800-0900	breakfast at hotel	
0900-0945	drive to Grand Canal	
0945-1030	visit Beijing-Hangzhou Grand Canal Museum	
1030-1200	Umbrella Museum, Scissors Museum, Fan Museum	
1230-1330	lunch at local restaurant	
1330-1430	proceed to Hefang Old street	
1430-1700	free time at old street	
	visit Bronze House	
1730-1830	dinner at local restaurant	
1830-1930	drive to airport for flight back Qingdao	
21:10	Take flight SC4776 from Hangzhou to Qingdao	
22:45	Meet parents at Qingdao airport	

Guides contact

Name	Role	Mobile No.
Mr. Huang Huaping	Local Guide	(0) 13957174521
Mr. Tony Huang	Local Guide	(0) 18606531631

Mobile phone coverage is available in most of the places we plan to visit.

Hotel contact

Date (Night)	English name	Location	Tel. No.
Sep. 22 nd - 25 th	Hangzhou Culture Plaza Hotel	No. 38 Wen Er Road, Hangzhou	0571-8882 5888

Please note that last minute changes in hotel might occur due to unforeseen circumstances.

Emergency contact for this trip is as follows:

Hospital Name	Location	Tel. No.
Hangzhou Third People's Hospital 杭州市第三人民医院	No. 38 West Lake Avenue, Hangzhou 杭州市西湖大道 38 号	0571-87823126

The Nitty-Gritty Details

How difficult is the trip?

This trip is ranked as an adventure trip. The pace of the tour will be moderate. It includes 2 to 3 hours driving on some days. It further includes physical activities such as hiking. You can expect to hike/walk up to 2 to 4 hours a day along marked tracks. We will take frequent stops along the way. Most of the path is easy to follow, and the hills are partly gentle, partly steep. Teachers are recommended to bring first-aid kits.

On the day of hiking and rock climbing, two teachers will be assigned to each team, and facilitate any morning and evening debrief sessions. Teachers will also observe the group dynamics and monitor the behavior and safety of the students in their team at all times. When needed, teachers should assist the local staff to help facilitate activities.

Comfort level:

We will stay a 4 star hotel in Hangzhou with comfortable facilities and western toilets. Two or three students share one room.

Food and drinks

All meals are included as stated in the itinerary. All breakfasts are in the hotel that will be simple Chinese & western buffet. For Chinese lunches and dinners, we strive to dine in places that highlight authentic local cuisine.

We provide bottled water throughout the trip. Soft drinks during meals will be also provided.

If you have any special food requirements please let your guides know so they can inform restaurant to prepare something special for you. e.g. vegan, vegetarian, allergies etc.

Health

Bugs

As we will have many outdoors activities, there will be different kinds of insects, such as mosquito... Be sure to protect yourselves to the greatest extent.

Safety

Your safety is important to us, so we encourage you to stay alert and be aware of your surroundings. When you are in the market, keep a close eye on cameras, purses, and wallets, all favorite targets of thieves and pickpockets. We strongly recommend you to put your belongings in two purses: one with credit cards, in a safer place; the other with cash and small changes, in an outer pocket.

In general, the crime rate in China is low, and you will be received courteously through the length and breadth of the journey.

What is the weather like?

Location	September High	September Low	Weather
Hangzhou	27°C	13°C	Might rain

What do I need to bring?

- Passport with valid visa
- Sufficient changes of underwear, sports socks and T-shirts (at least 6 sets)
- Fleece or sweater
- Walking boots/trainers
- Second set of outdoor clothes in case of rain/raft sinking
- Nightwear
- Slippers/indoor shoes
- Indoor clothes
- Personal toiletries
- Rain gear
- Hat, Sun glasses & Sunscreen
- Daypack for hiking
- Torch
- Bug spray
- Wet antiseptic wipes
- Cards, other games
- Any required medication

How do I pack?

Most of your gear and supply will be carried on bus during the trip. While walking, all you need to carry one small daypack that contains your personal stuff like camera, water bottle, etc. Make sure you bring the daypack.

Background information

City of Hangzhou and West Lake

"Hangzhou is the most charming and splendid city I've known in the world", Marco Polo acknowledged as he paid a visit to Hangzhou in the 13th century.

Located in the north of the coastal Zhejiang province, Hangzhou is the provincial capital. The city population is about 1,610,000. Historically one of the seven national Capitals (Hangzhou was the Capital of the Southern Song Dynasty A.D.1127—1279), Hangzhou is well known among the Chinese as "A Paradise on Earth". The West Lake area, a coded national scenic resort that spreads as large as 60sqkms to the west of the city, consists of 60 sites of scenic, historical as well as cultural interests, which attracts tens of millions of national and international tourists yearly.

Legend has it that the lake used to be an auspicious pearl hewn into its sparkling shape by the Jade Dragon and the Golden Phoenix but it was later stolen by the Mother Queen of the West. When Jade Dragon and Golden Phoenix scrambled with the Mother Queen, this pearl accidentally fell onto a land that was known as Hangzhou.

This legend, which is certainly worlds apart from true history, sheds precious light on the fact that the West Lake is a treasure that the labouring people of Hangzhou have brought into shape through numerous generations of hard labour.

In remote antiquity what is today's Hangzhou and the West Lake was a lagoon, or a quiet arm of the sea. In 210 BC, when Qinshihuang was passing by Qiantang (present-day Hangzhou) on his way to Huiji (present-day Shaoxing) to offer sacrifices and libations to King Yu, the wind rose and the waves in the Qiantang River surged so violently that he had no alternative but to have his ship tethered to a rock at the foot of the Baoshi Mountain south of the West Lake. Today, the rock to which the emperor fastened his boat is still there.

Later, the Qiantang River was silted up and so was the mouth of the lagoon, which appeared and disappeared with the flow and ebb of the sea. It was not until the Sui Dynasty that a lake took shape. The lake was first known as Wulinshui Lake, and later renamed Qiantang Lake. It finally assumed its present name after the city of Hangzhou was moved from the Lingying Mountain to the Phoenix Mountain, with the lake situated in the west. Su Dongpo, a celebrated poet, likened the West Lake to Lady Xizi, and so the lake became also known as the Xizi Lake. Despite its beautiful name, for a long period of time the West Lake was nothing but a natural reservoir that provided water for irrigating the farmland. This fact was borne out by a poem the famous

Song Dynasty Town (Song Cheng Park)

Song Dynasty Town is a big theme park featuring the civilization of Song Dynasty in China. Song Dynasty (A.D.960-1279) was the period of ripe feudal society in which the development of economy, science and culture were advanced in the world at that time. Song Dynasty Town demonstrates the rich cultural contents during Song Dynasty. The Town is mainly divided into the reappearance of the painting "A town Street Look of Spring in Song Dynasty", Nine Dragon Square, Song Dynasty Town Square, Fairy Hill and wonderful Tower Square and Emperor Palace, Custom Romance Street in Southern Song Dynasty. There are lots of activities and performances of folk customs.. Especially the nightly shows make it a memorable experience.

Hefang Street

Hefang Street is an epitome of the history and culture of Hangzhou and reveals that when the Southern Song took Hangzhou as its capital, there was temporary prosperity. There are more than 100 shops, most of them teahouses and shops for silk, baked goods, food, curios, calligraphy and paintings and other noted shops such as Hu Qing Yu Tang, Wanlong Ham Workshop and Wangxingji Fans.

Hike around tea plantation area

Along with silk and Tang poetry, tea is one of this area's most enduring exports. In Hangzhou, Longjing tea plantations stretch to the west of the West Lake. We will take a short one-hour hike in Longjing village, on the way, passing through tea plantation and beautiful landscape. We will visit the local tea farmer's house and have a tea tasting.

The history of tea

The story of tea began in ancient China over 5,000 years ago. According to legend, Shen Nung, an early emperor was a skilled ruler, creative scientist and patron of the arts. His far-sighted edicts required, among other things, that all drinking water be boiled as a hygienic precaution. One summer day while visiting a distant region of his realm, he and the court stopped to rest. In accordance with his ruling, the servants began to boil water for the court to drink. Dried leaves from the nearby bush fell into the boiling water, and a brown liquid was infused into the water. As a scientist, the Emperor was interested in the new liquid, drank some, and found it very refreshing. And so, according to legend, tea was created. (This myth maintains such a practical narrative, that many mythologists believe it may relate closely to the actual events, now lost in ancient history.)