

Qingdao No. 1 International School



Yunnan 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.

Sept.22 Mon Qingdao/Kunming/ Lijiang Meals: D

06:10	Meet teacher chaperones at Qingdao airport
07:40	Take flight SC4695 from Qingdao to Kunming
12:20	Arrive in Kunming
15:00	Take flight CZ3487 from Kunming to Lijiang
15:50	Arrive in Lijiang
16:30 - 17:20	Meet your guide and drive to the hotel
17:20 - 18:30	Check in
18:30 - 19:30	Dinner
19:45 - 20:50	Lijiang Race activity
21:00	Return to hotel

Sept.23 Tue Lijiang Meals: B, L, D

07:30	Morning wake-up call
07:30-08:15	Breakfast at hotel
08:15-09:00	take a walk through Lijiang old town to get the bikes
09:20 -11:40	Biking
12:00-13:00	Lunch at Baisha
13:00-14:00	Biking to a local family to make the Naxi bread
14:15-15:30	Biking to Black Dragon Pool Park
15:45-17:00	Walk in the park and visit Dongba Culture museum
17:00-17:50	Back to the hotel and refresh
18:20 -19:30	Dinner
20:00	Free time

Sept.24 Wed Lijiang Meals: B, L, D

07:00	Morning wake-up call
07:30-08:20	breakfast at the hotel
08:20-10:20	Drive to Tiger Leaping Gorge
10:30-12:45	Visit Tiger Leaping Gorge
12:45-13:30	Lunch
13:30-15:00	Drive to Lashi Lake
14:30-15:15	Visit ZhiYun Monastery
15:20-17:00	Boat tour and horse riding
17:15 -17:40	Drive back to the old town
18:00 - 19:00	Dinner
19:30 - 20:30	Join the local dancing at Si Fang Square
20:40	Back to the hotel

Sept. 25 Thu	Lijiang	Meals: B, L, D
07:00	Morning wake-up call	
07:20-08:00	breakfast at the hotel	
08:00 -09:30	Drive to Yuhu to visit the Rock's house and the village	
09:45-12:30	Community service at a community farm	
12:30-13:30	Lunch	
13:50 -16:50	Dongba culture course and T-shirt painting	
17:00 -18:30	Return to hotel, and refresh	
18:40 - 19:20	Farewell Dinner	
19:30 - 21:00	Free time in Lijiang old town	
21:30	lights out	

Sept 26 Fri	Lijiang/Kunming/Qingdao	Meals: B
05:50	Morning wake-up call	
06:20-06:50	Breakfast and check out	
07:00 -07:40	Drive to the airport	
08:45	Take flight MU 5759 from Lijiang to Kunming	
09:35	Arrive in Kunming	
13:30	Take flight SC4696 from Kunming to Qingdao	

Program Contacts

Tour leaders and guides information

Name	Role	Mobile No.
Mr. Jack Li	Local guide	136 1888 6129
Mr. Jerry Fu	Tour manager	139 8881 7401

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

Hotel contact

Date (Night)	Hotel Name	Location/ Address	Tel. No.
September 22-25	Hansange Hotel 涵三阁	Baowu Lane, South Gate, Lijiang Old Town	0888- 514 8888

Local hospital:

Location	English name	Address	Tel. No.
Lijiang	Lijiang City People's Hospital	Middle Fuhui Lu 丽江市福慧路中段	0888 – 5122 335

The Nitty-Gritty Details

How difficult is the trip?

The pace of the tour is quite relaxed, although some of activities can be very physical. Adventure activities such as hiking, kayaking, and mountain-biking can be quite challenging but lessons are designed for beginners, so everybody will be able to enjoy them. For cycling, there will be sometime for warm up for students who have not biked in a long time. If any students are unable to bike, we can arrange double bikes for them to ride with a teacher or those who are more comfortable on the bikes.

Road conditions

Most of the roads in Lijiang are newly paved, but do expect some constructions at certain places. However, the impact to our travels will be minimum.

Comfort level

We will stay four nights at a boutique guesthouse in the old town of Lijiang near the south town gate. We're traveling in the countryside of Southwest China where urban amenities are limited. The hotel is very simple but clean and comfortable with private bathroom in each room. The hotel is also very popular among western travelers, and have a restaurant that can serve both western and Chinese food.

Food and drinks

All meals are included as stated in the itinerary.

The breakfasts will be simple western breakfast.

For lunches and dinners, we will have a mixture of Chinese meals in different restaurants in the old city of Lijiang

We provide bottled water throughout the trip. Students will be carrying their bottled water while hiking and biking. It is safe to drink bottled water, but drinking tap water is not recommended, unless it has been boiled.

Health

Below is the common health problems experienced in the areas that we will visit:

Sunburn

In order to prevent sunburn it's best to wear a wide-brimmed hat or baseball cap and use sunscreen with a protection factor of 15 or more. Glare from the sun is also very bright, so be sure to bring along a pair of UV protective sunglasses.

Carsickness

Due to long distance driving for this trip, for the students who have car-sick, suggest taking some pills for carsickness, and let us know ahead of time, so we could help to arrange the front seats for them.

Altitude sickness

Altitude sickness is the most common ailment and you are advised to take plenty of fluids throughout your stay. Altitude sickness can strike from about 3,000m (9,000 ft) upwards. It is more likely to affect those who ascend rapidly and those who over-exert themselves. Avoidance of alcohol,

cigarettes, and heavy food will go a long way towards preventing acute altitude sickness. Shortness of breath, heart- pounding and lack of energy is an almost universal and normal response to the lack of oxygen in the air. It may take a few hours or days before symptoms appear. Symptoms include headache, lassitude, dizziness, loss of appetite, nausea and vomiting. Insomnia is common and often associated with a suffocating feeling when lying down.

If the symptoms are mild, the treatment is rest, painkillers (preferably Aspirin based) for headache, and anti-sickness pills for vomiting. Diamox can be used for preventative purposes (it is not necessary to take it beforehand - keep it on hand in case you experience altitude sickness). Check with your physician before using Diamox in case of allergy.

It is important to pace yourself well when traveling in high altitudes.

It is highly recommended to drink lots of water during our walking/ biking to avoid dehydrate.

Caution and Safety

You should avoid contact with domestic or stray dogs and cats as it is unlikely they are vaccinated and they may carry dangerous diseases such as rabies. You should be responsible for your own valuable items, make sure you keep your valuable things always with you.

Safety briefing of biking in Lijiang

- Wear helmet
- Always ride on the right side of the road
- Keep space between each other and cycle in one line
- If you get lost ,please wait at the spot ,we will come and pick you up, or please call our guide.

What is the weather like?

Location	Sept. High	Sept. Low	Weather
Lijiang	25°C	12°C	Might rain

What do I need to bring?

Clothes

The air temperature in this area can change very quickly with a passing cloud or after sunset. So, you will need to pack for autumn or early winter and preferably in layers.

It is important to be prepared for the following conditions:

- ✓ It might rain (even if it rains the whole day, we will still do most of our outdoor activities)
- ✓ We will spend our days walking and cycling, so pack for an extended PE-lesson
 1. Gym pants and shorts
 2. Warm, wind/water proof jacket
 3. Sweater

4. Sufficient change of T-shirts
5. Sufficient changes of underwear and socks (at least 5 pairs)
6. Hat/sun screen/sun glasses
7. Wind/water proof jacket(preferable with hood)
8. A pair of comfortable walking shoes (broken in)!!!
9. A second pair of comfortable shoes, as one pair will probably get wet
10. A pair of sandals/flip-flops

Must- have equipment

- ✓ Personal toiletries and a hand towel
- ✓ Rain gear
- ✓ Small, light day- pack for water, fruit, wallet, etc., preferably a back-pack
- ✓ Prescription medicine
- ✓ Insect repellent

Optional equipment

- ✓ Cameras, films/memory cards, charger and perhaps extra batteries for your camera
- ✓ Snack foods (e.g. chocolate, peanuts, raisins, dried food)
- ✓ Wet antiseptic wipes

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.