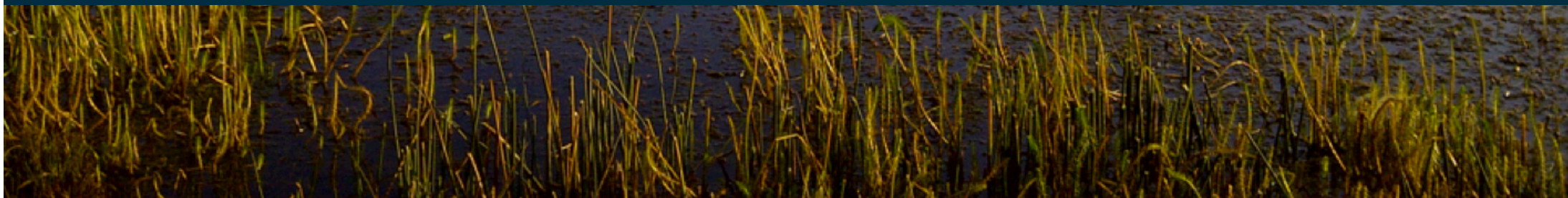




Amazing China – Tel Aviv University 2015

Experiencing China Differently in Beijing and Yunnan

Starts: November 8th, 2015 Ends: November 17th, 2015





Tel Aviv University

Travel Itinerary

You are one step closer to *Experiencing China Differently*. In planning your journey, this booklet will provide everything you need to know about China and our program.

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A VISUAL OVERVIEW

Your Journey Map



1. Beijing – Dali
2. Dali – Shangri-La (via Tiger Leaping Gorge)
3. Shangri-La – Beijing (via Kunming)

A GLIMPSE INTO THE FUTURE

Your Journey Highlights



Destination: Beijing

Hong Kong may be modern and Xi'an may have a long history, but Beijing is a mix of both. Serving as China's capital since the Yuan dynasty (1279-1368AD), Beijing's past, present and future converge together in the crowded neighborhoods and streets of the city. Despite a divide between new and old, one thing about Beijing has remained constant for centuries: hard-handed political power, as well as thriving intellectual and artistic thought prominent in Beijing, continues to influence China and the world.

Day 1-2, Sunday & Monday, November 8-9: Beijing



In the past seven centuries, Beijing has survived dynastic collapses, rebellions, colonial incursions, world wars, warlords, revolutions and transitions in and out of communism. As a result of its complex political history, the Chinese capital is now home to world-class monuments. The Forbidden City, Temple of Heaven and the Summer Palace, endowed by both the Ming (1368-1644) and Qing (1644-1911) dynasties are some of the world's most splendid historical sites. They are a pleasant interlude amongst the matrix of city streets, and have recently been joined by new impressive sites such as Chairman Mao's Mausoleum and the main venue of the 2008 Olympics, China's National Stadium and the Bird's Nest.

It is often the small details, not the marquee attractions that reveal the human side of Beijing history: the name of a city gate that recalls an imperial ritual, the recipe originating in the palace kitchen that has been passed from chef to chef for generations, and the faded Maoist slogan still detectable on the wall of a chic new art gallery are all delicate reminders of Beijing's past echoing in the city's future.

Contemporary city life has an equal appeal. After cycles of destruction and reconstruction, Beijing's mix of new and old is truly unique. Ancient *hutong* lanes and traditional courtyard homes are sewn neatly between the web of bold skyscrapers and vast avenues paving their way into the city. Against the backdrop of frenetic development, in a city of grid-like design, native Beijingers brush shoulders with ambitious migrants from around the country. Students, teachers, businessmen and artists come to Beijing from around the world, pedaling their skills and hoping to make their mark. But historical sites pepper the city with scenes from the past; they offer calm in the face of a competitive new society. These architectural and social juxtapositions create a complexity unique among Chinese cities, giving Beijing a flavor that is distinctly its own.

On Day 2 we start off the day with an early morning private *taiji* (tai chi) lesson with a *taiji* master. Although this abbreviation is commonly used, the full name for this internal martial art is *taijiquan*, which translates to "supreme ultimate fist". *Taiji* embodies the philosophy behind *yinyang* (yin and yang) in which movement and tranquility are each the source of the other. *Taiji* is practiced as a form of meditation, for health benefits and longevity, and finally for self-defense—talk to your *taiji* master about what interests you!



It's hard to believe **798** was once a series of deserted factory spaces, designed and built in cooperation with the East Germans during the 1950s. It is now home to numerous galleries featuring a variety of avant-garde paintings, photography, sculptures and the occasional multimedia installation. Learn more about the politics and society of China through 798's bright colored and provocative exhibitions.

In 2006, Paul Smith, the British menswear designer, had a fashion show at 798. Dengxinli, one of China's up-and-coming artists, is known for his work that creates a mixture of myth, legend and the modern world. His oil paintings often portray a Chinese woman, who wears traditional Chinese outfits, but is set in a modern scene. Lizhanyang, a Chinese sculptor, has also showcased works at 798. His work gives a private look into the ordinary, gritty life of local Chinese. Please be aware, gallery hours vary and depending on the time we visit not all exhibitions will be open for viewing.



Destination:
Yunnan

Yunnan—which literally means “South of the Clouds” due to its location just south of the Tibetan Plateau—is home to some of the most diverse cultures, ecology, and terrain in China. With verdant low-lying valleys, spectacular white-capped mountains, rustic towns and villages, and a lively mix of ethnic minority communities, Yunnan has long inspired poets and travelers alike.

Yunnan's mountains have historically isolated groups of people from one another, which fostered the unique ethnic cultures that flourish in the region today. With 26 ethnic groups including Han, Tibetan, Dai, Bai, Yi, Hani, Hui, Mongol, Naxi, Lisu, Yao, Lahu and countless subgroups, Yunnan is a rainbow of different ethnic traditions, clothing and cuisine.

Day 3, Tuesday, November 10: Beijing to Dali



Tucked between Cangshan Mountain and Erhai Lake, **Dali** is a Ming-era town that has retained much through the ages. It was once the chief city of Yunnan and the capital of the Nanzhao Kingdom whose influence extended deep into China. At its peak during the Tang dynasty (618-907AD) the Nanzhao Kingdom stood up to the imperial Chinese armies, and ruled a territory extending from the high plains of present-day Myanmar in the west, to the borders of Guizhou and Guangxi in the east.

Much later, in the mid-19th century, Dali was a Muslim stronghold that served as a base for rebels who raided Kunming, the capital of Yunnan held by the Qing dynasty. Though the Nanzhao Kingdom fell long ago, the indigenous Bai ethnic minority who comprised its population still accounts for the majority of the residents of Dali and surrounding villages.



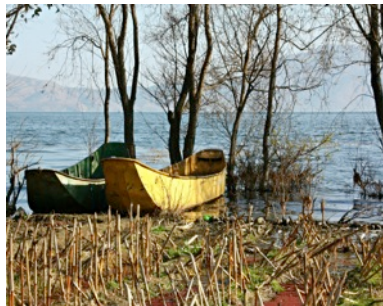
Built in the 14th century and surrounded by a moat and wall, **Dali Old Town** is reputed for its graceful living and delightful Bai architecture. We will arrange for you to stroll its pleasant streets, laid out in a chessboard pattern. You'll get to have tea in a traditional Bai courtyard home where your guide will be happy to translate and speak to the family for you.

Day 4, Wednesday, November 11: Dali

We begin the day with a walking tour of the **Xizhou Village**, a traditional ethnic Bai village on the shores of Erhai Lake. We will explore the markets, taking in some of the most beautiful buildings in the village. In addition, don't miss the chance to try 'Xizhou pizza', a culinary specialty known throughout southwest China.



Peek into white-walled mansions and admire the intricate blue wall drawings in each courtyard while exploring this tranquil town. After exploring the market, roll up your sleeves for a demonstration on making *rushan*, a dried cheese later fried and rolled for easy eating. From fresh milk to on your plate, have fun making this absolutely delicious snack!



Located 1,972 meters (6,469 feet) above sea level, the **Erhai Lake**, or “Ear-Shaped Sea,” is squeezed between the Cangshan mountain range in the west and Dali city in the east. At 40 km (25 miles) in length and 7-8 kilometers (4-5 miles) in width, this long crescent-shaped lake does, in fact, look like an ear. The clear blue water of Erhai, and the snow-capped peaks of Cangshan are a gorgeous combination and definitely worth a trip when in the area.



Cormorant fishing, an age-old practice used to catch fish, and still used by some to make their living, reflects the intimate relationship between man and nature, and the beauty that arises from such a partnership. Fishermen train young cormorants, a type of bird found in central and southern China, to dive underwater for fish and then return to the bamboo rafts with full beaks. A band is fastened around the cormorant's slender neck so that the fish can't be swallowed. On the boat, cooperation between bird and fisherman is crucial.



Starting during the Tang dynasty (618-907AD), Dali was a key station on the Ancient Tea and Horse Caravan Trail that linked Southwestern China with Tibet, Burma and India. Amazingly, despite wars and revolutions, trade continued along this trail until the 1960s. The valuable merchandise transported along the route included hardy Tibetan horses, salt, silver, copper and tea, notably Pu'er tea from Yunnan. Tibetans use Pu'er tea to make yak butter tea, a critical source of nutrients on the Tibetan Plateau. Prized by connoisseurs, Pu'er is often described as bitter with a sweet finish. Three-course tea is popular among Bai People.



Outside Dali in its neighboring mountains lays a tea plantation that has spectacular views of Dali Old Town and the famous Three Pagodas. This hidden gem is the opportune place to relax and soak in Yunnan's mountainous scenery, while of course sipping a freshly brewed cup of tea. For those who want to explore the farm, the farmers are always enthusiastic to teach the curious how to pluck tea and even explain the process of making tea from plantation to cup. You can also take a short hike to a beautiful waterfall nearby.

Day 5, Thursday, November 12: Dali



Take off from your hotel to Weibaoshan, a mountain with a complex of 22 Taoist temples dating back to the Ming and Qing dynasties. They represent one of China's most authentic cultural wonders, an incredible mix of history and religion for both Yunnan's Taoist community and the ethnic Yi people. Set within a pristine national forest park, explorers first hike along mountain paths, enjoying incredible mountain vistas, before diving deep into the mountain's forest to discover temples that have been hidden for hundreds of years within cutaways in the forest.

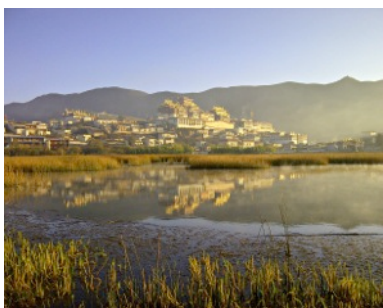
The fact that the area is practically undiscovered by modern tourism creates an almost mystical experience. Discover a temple atop the mountain and be greeted by a Taoist Master, where you will enjoy green tea together while he teaches the

mysteries of the mountain and the religion it represents. It truly is a one of a kind experience and opportunity to study local culture and religion from the Masters themselves. After your Taoism lesson, find your inner Zen in a round of *taichi* [or meditation]. Afterwards, hike back to your private transport (40-50 minutes). For the hiking enthusiasts, the hike to the top of the mountain and back can take around 5 hrs.

Day 6, Friday, November 13: Dali to Shangri-la



An unforgettable sight, **Tiger Leaping Gorge** is one of the world's deepest canyons through which the mighty Yangtze, known here as the Jinsha, roars through thirty-four rapids in just 15 kilometers (9 miles). Part of the Three Parallel Rivers World Heritage Site, the area is surrounded by picturesque wheat fields and drying haystacks of the Lijiang Valley. After the car trip, we will walk for forty-five minutes to a viewpoint that grants fantastic views of the gorge.



Known as Gyalthang in Tibetan, **Zhongdian** was a gateway to the historic Tibetan province of Kham and an important station for trade caravans along the Ancient Tea and Horse Caravan Trail. Today, it remains an important center for Yunnan's Tibetan community. Located on a broad valley on the Tibetan Plateau at an altitude of 3,200 meters (10,500 feet), surrounded by snow-capped peaks, primeval forests and lakes, Zhongdian was officially rechristened 'Shangri-La' after the mythical paradise described in James Hilton's *Lost Horizon*.

In January 2014, a fire destroyed a quarter of Shangri-La Old Town. Though remnants of the destruction can still be seen, the fire did not alter the charm of the town or more importantly, the heart of the people. The neighborhoods affected by the fire are still in the midst of restoration. When strolling through the cobblestone streets, keep an open mind and be considerate towards construction workers at work.



Once a small village, Shangri-La has developed into a city as migrants from neighboring Sichuan and other parts of Yunnan have flocked here in pursuit of greater opportunities. A favorite last stop for travelers journeying into Tibet, **Shangri-La's historic Old Town** was recently revitalized through a government scheme designed to attract investments. Its narrow cobblestone streets are lined with cafes, restaurants and boutiques selling prayer flags, jewelry, thangka paintings and traditional clothing from Tibet and other parts of the Himalayas. Adjacent to the Old Town, sits Zonggu Monastery, which boasts the world's largest prayer wheel.

(Upon arrival, time will be allotted for visitors to acclimate to the thin air and high altitude)

Day 7-8, Saturday & Sunday, November 14-15: Shangri-la



The endless clusters of white boxy buildings, the billowing clouds of incense, chanting monks and the sight of snow-covered peaks in the distance, make the **Songzanlin Monastery** incredible to behold. It is the largest Tibetan monastery in Yunnan and one of the largest lamaseries outside Tibet. Nicknamed the “Little Potala” due to its resemblance to Lhasa’s Potala Palace, the customary seat of the Dalai Lama, its five-story main hall features 108 pillars with gilded copper chorten, or reliquaries, and can hold up to 1,600 lamas for meditation by butter-oil lamplight. It was built on a spot chosen by the fifth Dalai Lama in the late 1600s, and currently home to 700 monks. Between its handwritten scriptures, paintings by distinguished lamas and splendid architecture, it's no surprise that the monastery is considered so important. The incredible geographical surroundings, as well as the beautiful architecture and feel, make a visit to the Songzanlin Monastery a truly memorable experience.



The **Thangka Painting Workshop** is a local NGO where orphans learn to paint in this elaborate traditional style. *Thangka* painting was commonly done by monks and is a form of silk painting. Usually depicting a religious scene or Buddhist deity, the monks could easily roll up the paintings and travel with them to other monasteries. The Tibetan Thangka Art Academy is part of the Shangri-La association for cultural heritage preservation. Founded by a group of volunteers dedicated to protecting local ethnic culture, the Academy works relentlessly to pass on these areas of Tibetan

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For booking please contact: EDUCATION@WILDCHINA.COM

www.wildchina.com 12

culture and art to the next generation. The Academy is also a non-profit, supporting charitable projects in the area. Working together with local art students, our students learn the basic skills in Thangka painting and calligraphy, and perhaps even create their own masterpiece.



A local family will treat us to an authentic **Tibetan meal** in their home. Expect yak to feature on the menu, since savory yak-butter tea, stewed yak meat and yak cheese are all staples of the local diet, highlighting the importance of the hardy animal to the people of this remote region. When the meal is over we'll party Tibetan-style by singing, dancing and drinking!



Dongzhulin Monastery

Built in 1667, Dongzhulin is one of China's great Lama Monasteries, and is located at an altitude of 3,000 meters close to Baimang Snow Mountain. Due to its incredible size, the complex can be mistaken for a town when looked upon from the distance. Containing countless cultural relics and treasures, students learn about Buddhism from local guides and monks.

Nixi Black Pottery

We can stop by to admire the handicrafts and learn about local crafts in **Nixi Village** and the surrounding area. Nixi Village, situated on the Yangtze River, is best known for its black pottery.



Tracking Golden Monkeys

Located mostly in the mountains of Yunnan, Sichuan and Guizhou, China's Golden Monkey is a rare and unstudied species that is quickly becoming extinct. Hunted for their golden fur and bones, (said to have medicinal benefits), the monkeys are a highly coveted species. In addition to that, as China develops and new villages and roads are constructed, the Golden Monkey's habitat will quickly disappear.

We will have the chance to visit a local nature reserve in **Tacheng** and track these magnificent but rare monkeys, accompanied by a local who knows the area well. We can also choose to hike in the nearby villages, and arrange a meal at a local Naxi or Tibetan family's house. The valley is 7 km long, (around 4.3 miles), and is a truly beautiful place.

Day 9, Monday, November 16: Departing Shangri-la

Day 10, Tuesday, November 17: Departing Beijing

DAY-BY-DAY

Your Itinerary

Meals provided are indicated as Breakfast (B), Lunch (L) and Dinner (D)

DAY	LOCATION	ACTIVITIES
Day 1*	Beijing	
Sunday	<i>Rosewood Hotel (5*)</i>	
Nov 8 th	<i>(B, L, D)</i>	<ul style="list-style-type: none">- Throughout the day: Your guide will meet you at the arrival hall of the airport. Your guide and driver will take you to your hotel by private car, to check in to your luxury hotel and sign in for the event.- 8:30-11:30am & 1:00-4:00pm: If arriving early on this day (or the day before), we are providing several optional activities for you to choose one or two to attend, depending on your interests and arrival time<ul style="list-style-type: none">○ Optional Activity (Option 1) – Chinese Fashion & Jewelry. A chance to visit some of Beijing’s acclaimed high fashion and jewelry experts, meeting industry leaders and up-and-coming entrepreneurs from China’s fashion world, brands that are vying to become the next Louis Vuitton or Prada○ Optional Activity (Option 2) – Antiques and Artifacts. Visit Beijing’s bustling Panjiayuan Market with an expert guide, one of China’s largest antique markets○ Optional Activity (Option 3) – The Ancient Meridian. Starting at the temple of heaven, travel up the historic meridian, traveling through Tiananmen Square, the Forbidden City, Coal Hill, and Houhai (Full Day Event)***○ Optional Activity (Option 4) – The Great Wall. Experience rural Beijing, visiting Hexi Village at the base of the great wall, visiting local family farmhouse courtyards, and learning how to make Chinese dumplings. Then, climb the lesser known Jinshanling section of the Great Wall (Full Day Event)***

- **5pm-6pm:** Return to the Hotel to meet up with your colleagues. When the whole group has arrived, you'll enjoy a **welcome cocktail dinner party**, the perfect opportunity to meet up with old and new friends
- **7:00-9pm:** Enjoy the opportunity to **see a show**, either at China's **National Centre for the Performing Arts** or one of the capital's incredible **Acrobatics performances** (show to be confirmed closer to the time)
- **9:30pm:** Return to the hotel

** Please note: Guests arriving early on Saturday 7th November may sign up for these small group activities beforehand. Guests arriving on Sunday 8th November may sign up depending on their arrival time. Light lunches included, and groups limited to 20 participants each.*

*** Please note: As an ethical travel company, we do not participate in shopping commission schemes, or organize shopping as part of our programs. Guest may choose to purchase items or not, in the knowledge that no third parties are involved.*

**** Please note: These optional activities are ideal for guests traveling to China for the first time.*

Day 2

Monday

Nov 9th

Beijing

Rosewood Hotel (5)*

(B, L, D)

- **7:00-8:00am:** For early risers, energize yourself after your long journey with an early morning Taiji lesson with a local master
- **8:30-12:30pm:** A chance to experience behind-the-scenes Beijing within these specially created events with leading experts in the fields of Art and Architecture. The group will split into two groups and attend the events in rotation (to provide a more personalized experience)
 - **Group 1:** Explore the wonders of modern Beijing's skyline, with an in-depth **architecture tour** with a local expert. Private viewings arranged as your expert and guides lead your through a selection of jaw-dropping architectural wonders
 - **Group 2:** Delve into the heart of Beijing's **contemporary art scene** with local art expert and the artists themselves (as available). Private viewings arranged, as your expert and guides introduce the hidden galleries of Beijing's 798 district, the hub of China's contemporary art scene
- **12:00pm:** the whole group comes together to enjoy the capital's most classical **Dim Sum lunches**
- **1:30- 5:30pm**
 - **Group 1:** Delve into the heart of Beijing's **contemporary art scene** with a local art expert and the artists themselves (as available). Private viewings arranged, as your expert and guides introduce the hidden galleries of Beijing's 798 district, the hub of China's contemporary art scene
 - **Group 2:** Explore the wonders of modern Beijing's skyline, with an in-depth **architecture tour** with a local expert. Private viewings arranged as your expert and guides lead your through a selection of jaw-dropping architectural wonders
- **6:30-9:30pm:** A privately catered **champagne reception and Gala Dinner**, including special performances throughout the evening and invited special guests

Day 3

Tuesday

Nov 10th

Beijing - Dali

The One Resort (5)*

(B, L, D)

- **4:30am:** Transfer to Beijing Capital Airport, to catch 6:40-10:10am flight MU9747 from Beijing to South China's historic town of Dali (Yunnan Province)
- **10:30am:** Transfer from Dali Airport to the luxury **One Resort** for express check in and a short time to refresh from your journey
- **12:30pm:** Light Lunch
- **1:30-3:00pm:** Stretch you legs by strolling through the narrow alleys of the historic old town. For those interested in a further challenge, an optional **WildRace teambuilding activity** is also available
- **3:00-5:30pm:** take a gentle stroll through the **Mocui plantation** to learn the art of **tealeaf picking and production from local experts and farmers.** Watch the sunset over the lake while sipping varieties of China's finest tea (traditional tea ceremony)
- **6:30pm:** Traditional Yunnan Welcome feast in Dali's most incredible and authentic local restaurant

Day 4

Wednesday

Nov 11th

Dali

The One Resort (5)*

(B, L, D)

- **8:30am:** Transfer to **Xizhou village** and visit the morning market and ancient houses, immersing you in the local community. Then take **specially chartered boats** onto Erhai Lake to observe the ancient skill of **cormorant fishing**
- **12:00pm:** Lunch in a traditional village of the Bai ethnic minority and try three-course-tea, the unique delicacy of the **Bai People**
- **1:00pm:** To us, traveling sustainably means more than traveling responsibly... it means **giving back to the communities we visit.** We will arrange an opportunity to visit a local NGO or primary/middle school, an exchange program to learn about local needs and development
- **6:30-9:30pm:** With invited special guests and experts from the area including **local academics, experts and entrepreneurs,** enjoy this **Catered Dinner Party** (a chance to meet the leading minds of the Dali community)

Day 5

Thursday

Nov 12th

Dali (Weishan)

The One Resort (5)*

(B, L, D)

- **8:30-12:00pm:** A day trip out of Dali, first visiting the ancient town of **Weishan** and its vibrant local market. Learn about the Tea Horse Trail, the ancient trade route that rivaled the Silk Road
- **1:00-5:30pm:** In smaller groups, gently hike through the mountain forests of **Weibaoshan**, discovering the hidden temples and natural beauty of this alpine like area. Perhaps the highlight of the area is the ancient **Taoist Temple**, where we will arrange an audience with the **Taoist Master** himself, a very important local figure. Taichi and acupuncture are also possible to learn in the temple
- **6:30-9:30pm:** having returned to Dali, enjoy a **Yunnan Cuisine Gala Dinner** with traditional **Ethnic Minority music and dancing lesson**

Day 6

Friday

Nov 13th

Dali – Shangri-La*

Songtsam Retreat (5)*

(B, L, D)

- **7:00am:** Transfer to **Tiger Leaping Gorge** in a private coach, enjoying some of the world's most stunning scenery as we **enter the Himalayas** (approx. 4 hours)
- **12:00pm:** Descend to the viewing point in the middle of **Tiger Leaping Gorge** to witness how the power of nature has created one of the world's most magnificent views
- **1:30pm:** Rustic country style lunch, before transferring northward to the Tibetan area of **Shangri-La** (approx. 2 hours)
- **3:30pm:** Arriving in Shangri-La, check in to your luxury hotel and refresh from the journey
- **4:30pm:** Explore the cobbled streets and ancient monasteries of the Tibetan old town, and for those who choose, a chance to join in with the locals in their evening dancing
- **6:30-9:30pm:** Traditional **Hot Pot dinner** in the homes of a **local Tibetan village**, with Tibetan music and dancing

**Please note: Guests have now arrived at an altitude of 3,200 meters above sea level. Although most guests will find this a comfortable altitude, we recommend refraining from alcohol. All precautions are taken to ensure our guests' comfort and safety.*

Day 7

Saturday*

Nov 14th

Shangri-La

Songtsam Retreat (5)*

(B, L, D)

- **8:30-12:00pm:** A short stroll away (and the view from your luxury hotel), the **Songzanlin Monastery** is one of the World's largest Tibetan Buddhist monasteries. Local Tibetan monks will guide you through the labyrinth of prayer halls, providing a true insight into Tibetan Buddhism and history
- **1:00-5:00pm:** The **Tangka Academy** is an NGO conceived with one mission... to preserve traditional Tibetan Language and Culture through empowering locals to continue on traditions of Tibetan art and music. You will join the Academy for the afternoon to learn the basics of Tibetan painting, calligraphy and language (split into smaller groups and experience the varying lessons in rotation). Also visiting the **Shangri-la Folk Music Preservation Association**
- **6:30pm:** Dinner

**Please note: Morning activities scheduled on this Saturday are within walking distance of the hotel. Afternoon activities are a short 5min drive, or equivalent walk. Guests can choose to participate based on their preference.*

Day 8

Sunday

Nov 15th

Shangri-La

(Tacheng, Nixi

Gonjo &

Dongzhulin)

Songtsam Retreat (5)*

(B, L, D)

Group 1 (Tacheng & Nixi):*

- **5:30-6:00pm:** A day trip out of Shangri-La, first visiting **Tacheng** (approx. 3 hours) to witness **Yunnan Snub Nosed Monkeys** in the Golden Monkey Nature Reserve. Meeting this endangered species in its natural habitat is truly a life changing experience*
- In Tacheng, meet members of the **Lisu Ethnic Community**; discussing the Mekong River and its current environmental issues such as logging and flooding*
- Light Lunch
- Nestled away in a semi-tropical valley, hidden from the Himalayan weather outside, **Nixi village's** microclimate has led to a unique community, famous for its exquisite **Nixi black pottery**. This is an incredible opportunity to visit the rural farm homes of the pottery masters, and to have a go at making your own pottery masterpiece

Group 2 (Dongzhulin & Gonjo):

- **8:30-6:00pm:** A unique glimpse into the lives of both sides of Tibetan Buddhism, first meeting the monks (male) of Niu Tibetan School **Dongzhulin Monastery**, and then the Nuns (female) at **Dongzhulin Nunnery**, two of the most important Buddhist religious sites in China
- Light Lunch
- Visit **Gonjo village** to observe the creation of **Gonjo Wooden-bowls**, the important local handicraft that regenerated the industry of this community following the 2013 earthquake. Learn about the community's recovery in the aftermath of the natural disaster
- **7:30-9:30pm: Tibetan Cuisine Gala Dinner** to celebrate your last night in Yunnan, with local cultural performances

**Please note: Guests have the option of visiting Tacheng (which involves an early 5:30am start in order to see the monkeys congregating), or they may travel to Dongzhulin and Gonjo.*

- | | | |
|--|---|--|
| <p>Day 9
Monday
Nov 16th</p> | <p>Shangri-La –
Beijing
<i>Rosewood Hotel (5*)</i>
(B, L, D)</p> | <ul style="list-style-type: none"> - 8:00am: Transfer to Shangri-La Airport to take 9:50-10:45am flight MU5811 from Shangri-La to Kunming, followed by 2:00-5:20pm flight MU5811. Picnic lunch provided during the journey (during airport transfer) <ul style="list-style-type: none"> o Optionally, choose to fly elsewhere from Kunming if extending your trip in China through a private/small-group tour. Please see below - 6:30pm: Guest pickup from Beijing Capital Airport, and transfer to the hotel for express check in - 8:00pm: late Dinner arranged in hotel for remaining guests |
| <p>Day 10
Tuesday
Nov 17th</p> | <p>Beijing
<i>N/A</i>
(B)</p> | <ul style="list-style-type: none"> - Guests can choose: <ul style="list-style-type: none"> o Return home via Beijing Capital Airport o Extend your trip in China through a private/small-group tour (in/from Beijing). Please contact education@wildchina.com for further information |

Note: All information in this itinerary is accurate to the best of our knowledge but please note that changes to our trips can and do occur. This may be due to our effort to improve our program or logistical reasons such as changes in train/flight schedules, traffic conditions, weather conditions, or government policies. We will make every effort to keep you informed of any changes but cannot be held liable for any alterations made to the published itinerary.

Please view a photo presentation, prepared specifically for your travel program and uploaded onto YouTube for your convenience:

<http://youtu.be/WrCdhsBYzTQ>

WHERE YOU'RE STAYING

Your Accommodation



Rosewood, Beijing

The Rosewood Beijing is not simply a 5-star hotel. Beyond its residential-style suites and spacious bathrooms, the Rosewood Beijing is also an avenue to experience Beijing differently. From night wanderers to history lovers, this hotel offers a range of activities that will make your time in Beijing unforgettable. After long days, return to the hotel for a beverage at the Bistrot Bar & Lounge while admiring the Rosewood's collection of traditional Chinese art. Also, discover its in-house top tier restaurants for a delectable dining experience. With modern workout facilities, aquamarine pool, spa services and yoga studio, find comfort with a pinch of adventure at the Rosewood Beijing. www.rosewoodhotels.com



The One Resort, Dali

Considered a touch of luxury in a rustic charming town, The One Resort is a warm and relaxing hotel right in the heart of old town Dali. Beautiful rooms with a plethora of understated luxury touches, this hotel is sure to find you feeling invigorated after a journey of any length. The beautiful mountain views and convenient location highlight the paradise that surrounds The One, and brings the life of Dali to the travelers that are fortunate enough to find themselves in one of the most scenic towns in Asia. www.theonedali.com



Songtsam Retreat, Shangri-La

With 75 rooms in 24 buildings, the Songstam Retreat is nestled in the mountains of Shangri-La. A beautiful 10minute walk from the Songzanlin Monastery (the largest Buddhist monastery outside of Tibet) the Retreat houses vast collections of Tibetan-style wooden furniture, traditional carpets, wooden paintings and copper artifacts.

Guestrooms feature a blend of Tibetan wood furniture built by local Tibetan craftsmen, a small working fireplace, modern amenities, and soft, comfortable beds. The Western breakfast buffet – spread in a cavernous dining lodge with tall windows and Tibetan style furniture, includes a choice of fresh pastries, fruit, eggs cooked to order, a selection of cereals, coffee and tea. With gorgeous surrounding scenery and incredible traditional interior design, the Songstam Retreat is a haven for those interested in art or Tibetan culture, and provides a truly unique experience for all its guests. www.songtsam.com

GETTING PREPARED

Before Your Trip

We have provided the information below to answer some of the journey-specific questions that are most frequently asked by our clients. Please feel free to contact us with any additional questions.

Trip Difficulty

Moderate Adventure

Your journey is considered a moderate adventure. Moderate adventure includes full days outside the hotel, with drives up to 4 hours on mainly well-maintained, paved roads. We will stay in 5-star or boutique hotels.

Your Guides

The true face and heroes of WildChina, our guides have been rigorously selected for their combination of client servicing, local knowledge and likeable personalities. Most of our guides are natives of the regions they cover and have worked with WildChina for years, appreciating the difference in our service standards, responsible tourism approach and the exceptional clients we bring.

Guide and Tour Leader

TEL AVIV UNIVERSITY

For questions to TAU please contact: ANATH@TAUEX.TAU.AC.IL

For booking please contact: EDUCATION@WILDCHINA.COM

Your guide and tour leader will work in tandem to arrange the logistics of your trip, including meals, hotel reservations, sites and activities, as well as providing you with information about the local region. Your WildChina guide is specific to each local region but your WildChina tour leader will accompany you throughout your journey, escorting you to all locations. Your WildChina guide and tour leader will be confirmed during booking.

Meals & Water

Meals are included, as listed in your itinerary. We strive to arrange meals that highlight authentic local cuisine in clean, local establishments.

It is safe to drink bottled mineral water, but tap water, even in 5-star hotels, is not safe for drinking. WildChina will provide bottled water, tea and snacks throughout your journey.

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China's major cities, such as Beijing, Shanghai, and Hong Kong, boast the best of high-end, critically acclaimed international dining. If you would like to include one or more of these restaurants in your itinerary, please contact your WildChina travel consultant to discuss further.

We request guests with severe allergies to consult their physicians prior to traveling and to bring all necessary medicines with them. Guests are highly encouraged to inform WildChina ahead of time of specific allergies, such as to peanuts, fish, etc., or sensitivities to MSG, so that we can do our best to ensure these items are not used in restaurant meals.

Vehicles and Road Conditions

Vehicle Standards

We travel in well-maintained, air-conditioned vehicles, driven by experienced local drivers. All our vehicles are licensed for foreign passenger travel and insured. Vehicle size depends on group size. In more extreme conditions, travel may require 4WD vehicles.

Road Conditions

In general, road conditions in China are of high standard. However driving customs here may differ greatly from what you are used to: cars, bikes and pedestrians often come within inches of each other and honking is frequent. In large cities it is common to encounter traffic jams, while in small towns and rural areas, road conditions may be

compromised, but they are always safe. Your WildChina driver is very capable of assessing the situation and taking necessary precautions.

In extreme rural or mountainous areas roads may be unpaved, narrow and winding. Your WildChina driver is very comfortable and experienced on these roads.

Health & Safety

It's recommended that you visit your physician for a pre-trip check-up. If you have a pre-existing condition, such as diabetes, high blood pressure, heart/lung disease or nervous disorder, it is advisable to check with your physician that it's possible to participate in all activities during your journey. Request your physician to provide you with a letter explaining the details of your condition or disability to bring along while traveling. All travelers should bring a sufficient supply of any necessary prescription medicines, in their original containers and with clear labels; refills can be difficult to obtain, or even unavailable in the areas we visit.

Please refer to the Health & Safety section of the Preparing for Your China Trip for more details.

High Altitudes

Though you'll be traveling in some of China's most spectacular mountainous regions, high altitudes often make activities more difficult.

In the unlikely event of altitude sickness, emergency evacuation measures will be taken. WildChina is well equipped to handle any medical emergencies.

In case of emergency

All WildChina travelers must purchase through WildChina an International SOS (an AEA company) Service Plan, which provides for emergency evacuation to the nearest medical facility of international standards. The plan costs USD 60, which will be added to your final payment. Please note: this is NOT medical insurance.

In general, China is a very safe country. Most locals will be friendly and excited to meet you, but tourists can be targeted for petty theft. It is advisable to look after personal belongings, especially money, cameras or other valuable possessions in crowded areas. In addition, please keep in mind that laws in China are not the same as those in your home country. Laws regarding protests, demonstrations and drug use are severe.

Visas

Nearly all foreign-visitors to China will need a tourist “L” visa. Please get your visa at least 2 months before trip departure to avoid logistical problems. Though WildChina paperwork is not required to obtain your visa, WildChina is happy to provide an itinerary of your trip ahead of time if necessary. You will receive detailed Visa information in the Preparing for Your China Trip document upon confirmation.

Climate

Average temperatures in the month of November are as follows (with daytime temperatures being at the top of this range):

Beijing = 0-10 Degrees (C)

Dali = 7-18 Degrees (C)

Shangri-La = 9-17 Degrees (C)

These locations have low levels of precipitation, and high regularity of blue skies and strong sunshine (in Dali & Shangri-La). For guests with fair skin, sun protection is recommended.

JOURNEY PRICING

Your Price Quote

Your luxury journey starts in Beijing and ends in Beijing. Your quote has been prepared for 10 days and 9 nights.

CATEGORY

ALL INCLUSIVE PRICE PER GUEST

Land Cost

USD 5,370

(Shared double or twin bed Accommodation)

Single Supplement

USD 1,210

(Private room Supplement)

Health & Medical

USD 60

*(International SOS Emergency Evacuation Service Plan.
2015 price and availability TBC)**

What's Included:

- Hotel accommodations on twin sharing basis unless single supplement selected
- Multiple English speaking tour guides and tour leaders
- All land transfers indicated in the itinerary
- Security services
- Admission fees to all places and for all activities mentioned in the itinerary
- All meals indicated on the itinerary as B (breakfast), L (lunch) and D (dinner)
- All gratuities for drivers, guides and local support staff
- All relevant trip taxes, local duties and surcharges
- Drinking water and snacks on coaches/cars
- Drink arrangements at meals as preordered by the university

What's Not Included:

- Round trip international airfare
- Chinese visa application
- Personal telecommunication and laundry charges
- Travel insurance
- SOS Emergency Evacuation service plan

GETTING ON THE ROAD

Your Booking

To book this journey, please contact your personal travel consultant **education@wildchina.com**. Alternatively, you may contact WildChina's Director Owen Morris at owen.morris@wildchina.com, or via these phone/fax numbers:

Beijing Office

T: (86) 10 6465 6602

F: (86) 10 6465 1793

United States Office

T: (1) 202 903 0737

F: (1) 202 785 8905

For questions to Tel Aviv University, please contact **Anat Halevy** (*Director, Community Relations and Special Projects, Tel Aviv University*) at **anath@tauex.tau.ac.il**

Booking Steps

1. *Reservation:* Consult with your WildChina travel consultant, or another WildChina associate about making reservations
2. *Deposit:* A deposit of 20% of the total trip cost is required to secure a reservation
3. *All other payments:* The remaining balance of the payment will be due 30 days prior to departure
4. *Payment Methods:* You may pay by any of the following methods. Detailed payment information will appear on your WildChina invoice

- *USD denominated check:*

Check payable to: WildChina

Mail to: Mr. Pat Ouellette (please send the check with your invoice copy together)

Mail address: 2101 L Street NW, Suite 800 Washington, D.C. 20037

Note: A service fee of USD30 will be charged for a returned check. Please contact us immediately if you believe a check has bounced, or may bounce

- *Direct USD or HKD wire transfer*

Bank: Hong Kong Shanghai Bank

Bank Address: 1 Queen's Road Central, 6th Floor, Hong Kong

Account Name: WildChina Company Limited

Account #: 500-822259-838

SWIFT Code: HSBCHKHKKH

- *Direct RMB wire transfer*

Bank: China Merchant Bank

开户行: 招商银行北京东三环支行

Account Name: 北京碧山国际旅行社有限公司

Account #: 110908020010301

Note: Payer should cover the international bank transfer charge. Please INCLUDE INVOICE NO. When making payment and send bank wire confirmation to Accounting at +86 10 6465 1793 or email to accounting@wildchina.com

- *Credit Card*

We accept Visa, Master card or Discover. If you select credit card payment, please inform your travel consultant who will send you a personal online payment link. Due to the high surcharge (3%), we encourage guest pay by check or wire transfer. For your personal credit card safety, please DO NOT send us any credit card information by email

Once full payment has been made your guides will be confirmed and you will receive guide information. We will check your visa and prep you for the trip

Deposit and Payment

A deposit of 20% of the total trip cost is required to secure a reservation (by March 31st 2015)

The remaining balance of the payment will be due 30 days prior to departure (by October 7th 2015)

In the case of trip cancellation, please refer to the schedule below:

- 31 days or more prior to trip departure - Loss of deposit
- Between 20 – 31 days prior to trip departure - 25% of total tour price will be forfeited
- Between 15 – 20 days prior to trip departure - 50% of total tour price will be forfeited
- Less than 14 days prior to trip departure - no refund
- The prices listed are based on the costs and exchange rates current at the time of inquiry. WildChina reserves the right to adjust rates without prior notice
- Trip payment constitutes your acceptance of WildChina's complete Terms & Conditions
- For the detailed Terms & Conditions, please consult with your WildChina travel consultant



WHO WE ARE

About WildChina

Our story began on the slopes of Tibet's Mount Kailash. The company founder and Yunnan native, Mei Zhang, found herself braving high altitudes and a harsh landscape without a guide. After completing the kora (pilgrimage route) and spending the night in an abandoned guesthouse, she awoke to beautiful snowcapped mountains alight with the sunrise.

The breathtaking view brought Mei a deep sense of fulfillment – yet she stood alone and exhausted from her journey. Disappointed by how little support was available for travelers looking to get off the beaten path in China, Mei was inspired to start her own business dedicated to offering high-end, stress-free and responsible travel to China's most remote and unique destinations. Her prescient insight became the company motto:

Experience China Differently

2011
Condé Nast
Traveler
TOP TRAVEL
SPECIALIST

NATIONAL
GEOGRAPHIC
TRAVELER
50 Tours
of a
Lifetime
2012

TRAVEL+
LEISURE
A-LIST
TRAVEL AGENT
2011