

# Highlights of China with Yangtze River Cruise

## Highlights

- ✚ Cruises - Li River, Yangtze River (5 star cruise)
- ✚ Shows - Acrobatics, Legends of Kung Fu, Tang Dynasty Music and Dance, Impression Sanjie Liu
- ✚ Beijing Zoo, Tiananmen Square, Temple of Heaven, Great Wall, Bird's Nest Olympic Stadium, Water Cube, The Forbidden City, Dragon Boat, Terra-Cotta Warriors, and much, much more!
- ✚ A one of a kind dream tour adventure!

## Itinerary

### Day 1

Depart from North America today on an overnight flight to China

### Day 2 **Beijing**

Welcome to Beijing, the capital of China. You will be met at the terminal of Beijing Capital International Airport and transferred to your downtown hotel.

Howard Johnson Paragon Hotel (Dinner Included)

### Day 3 **Beijing**

After breakfast, you will start your day with a tour of Tiananmen Square, a testament to the communist, and more specifically, Mao's influence on China's modern history.

From there you will proceed to The Forbidden City, an ancient imperial palace, home to emperors for over 500 years. Home to the Last Emperor, it now houses the Palace Museum.

Next you will tour some of Beijing's Hutongs (alleys) by rickshaw. You will visit the typical Chinese quarters of Houhai (Shicha Lake), a primary school and many famous old buildings, where you can explore the real life of ordinary people in Beijing.

You will have lunch in local folks' home or in local restaurant and then have a chance to

experience the Chinese traditional medicine culture.

The next tour site is Temple of Heaven, a complex of ancient religious buildings where the ancient Emperors prayed for peace and harvest.

After dinner you will enjoy some serious jumping, tumbling, kicking and rolling at the famous Legend of Kung Fu show. After the show you will be taken back to your hotel.

Howard Johnson Paragon Hotel (Breakfast, Lunch and Dinner included)

#### **Day 4 Beijing**

This morning starts with a visit to Badaling Great Wall, about 50 miles north of Beijing. The Great Wall is one of Seven Wonders in the world. The Badaling section is the most famous and best-preserved section of the wall. Before lunch you will have time for a short visit to the jade carving factory. Jade carving is a famous and special Chinese product, and blends excellent skill and traditional culture. After lunch you will visit the Ming Tombs at Changling. Ming Tombs are the mausoleums of thirteen emperors of the Ming Dynasty, twenty-three empresses and one highest-ranking imperial concubine. On the way back to Beijing you will have chance to take pictures of Bird's Nest Olympic Stadium and the Water Cube. You can relax and drink some famous Chinese tea and enjoy a Chinese tea ceremony in a well-know Chinese tea market. Tonight, a special Peking Duck dinner is planned.

Howard Johnson Paragon Hotel (Breakfast, Lunch and Dinner included)

#### **Day 5 Beijing**

After breakfast you will visit the Yonghegong Lama Temple also known as the Palace of Peace and Harmony Lama Temple. Yonghegong is one of the largest and most important Tibetan Buddhist monasteries in the world. The building and the artworks combine Han Chinese and Tibetan styles. (and some Mongolian motifs)

The next stop is the Beijing Zoo, home to 14,500 animals, of which the most important is China's™ national treasure, the panda.

After lunch, enjoy a short visit to a pearl free market and then the next stop is the Summer Palace, regarded as a museum of gardens in China. You will have a chance to take a dragon boat on Kunming Lake to enjoy picturesque scenery and go across to the island and see the 17 arch bridges.

After dinner, you will enjoy the famous Beijing Acrobatic Show. After the show you will

be taken back to your hotel.

Howard Johnson Paragon Hotel (Breakfast, Lunch and Dinner included)

### **Day 6 Beijing - Xian**

You will transfer to airport this morning and you will fly to Xian. Xian served as China's capital for over ten dynasties. After two hours, you will be met at Xian Xianyang International Airport where you will be met and transferred to your hotel.

After lunch, you will visit the Shaan Xi History Museum. A walk through the exhibits here is like walking through the history of the Silk Road.

You begin with items from the Xia Dynasty (2200 - 1700 B.C.) and move through history into the Ming and Qing dynasties. The collection from the Han through the Tang (618 - 907A.D) and Song (960 - 1279A.D) dynasties shows the changes of art and craftsmanship. The Ancient City Wall, built more than 600years ago, is the best preserved ancient city wall in China and your next stop. You can rent a bicycle here and enjoy a ride on the wall. You will next go to Big Wild Goose Pagoda. With seven storeys and a height of 64.5 meters, it was originally used to store Buddhism books brought from India during the Tang Dynasty. (618 - 907 A.D.)

Xi'an Forest City Hotel (Breakfast and Lunch included)

### **Day 7 Xian**

This morning you will start the day with a visit to Banpo Neolithic Village. Here you will see the first museum in China showing prehistoric relics. The museum shows the history of Banpo society 6,000 years ago.

The Museum of Terra-Cotta Warriors and Qin Tombs are the next stop today.

Qinshihuang, the first emperor in Chinese history, began to build his own cemetery when he was just 13 years old and the construction took 38 years. Next is a visit to the streets of the Muslim Quarter. Here you will find the best food stalls and a great lively market atmosphere.

Before going back to you hotel, you will attend a special dumpling dinner and enjoy a splendid Tang Dynasty song and dance show.

Xi'an Forest City Hotel (Breakfast, Lunch and Dinner included)

### **Day 8 Xian - Guilin**

This morning you will say goodbye to Xian and fly to Guilin, famous for its breathtaking beautiful scenery.

Today you will visit Elephant Trunk Hill, and have fun visiting the different shapes, camels, old man, elephant trunk, bamboo shoots and exploring inside Reed Flute Cave and the China Sea Pearl Museum.

Elephant Trunk Hill is located at the conjunction of the Li River and the Peach Blossom River. The hill looks very much like a giant elephant with a long trunk, and has become the symbol of Guilin city.

Guilin Bravo Hotel (Breakfast, Lunch and Dinner included)

### **Day 9 Guilin - Yangshuo**

After breakfast, you will be picked up from your hotel and driven to the Zhujiang Pier for your 4 ½ hour Li River cruise. Li River is one of China's most famous scenic areas and the largest and most beautiful Karst landscape sightseeing areas in the world.

You will disembark at the one thousand year old town, Yangshuo, and visit West Street, also called Foreigner's Street. With a history of over 1,400 years, West Street is the busiest as well as the oldest street in the town.

As China continues to open to the outside world, this little town attracts more and more foreigners with its unique mix of culture and, gradually, the street has become a center for cultural exchange between the east and west.

Tonight you will enjoy the largest live action performance of landscape in the world.

Impression Sanjie Liu is directed by Mr. Zhang Yimou, the general director of the opening ceremony of Beijing Olympic Games 2008. The show has a cast of some 600 performers, of which many are local fishermen. It took 5 ½ years of practice before the first performance.

After the show you will be driven back to your hotel.

Yangshuo Tangrenjie Hotel (Breakfast, Lunch and Dinner included)

### **Day 10 Yangshuo / Guilin - Chongqing / Yangtze River**

After breakfast you transfer to Guilin and you will fly to Chongqing. Today you start your 5 star Yangtze River Cruise

Cruise Ship (Breakfast and Dinner included)

### **Day 11 Yangtze River**

Today you will enjoy a shore excursion to Fengdu City. Participate in activities on board or relax and soak in the scenery as you sail through the Qutang gorge. After tonight's welcome cocktail with the Captain you will be entertained with a singing and dancing concert.

Cruise Ship (Breakfast, Lunch and Dinner included)

### **Day 12 Yangtze River**

Today you will sail through the Wu gorge and pass the ship locks of the gorges dam. Shore excursions are optional and include Shennong stream or mini three gorges. The farewell dinner is tonight followed by a second singing and dancing concert.

Cruise Ship (Breakfast, Lunch and Dinner included)

### **Day 13 Yangtze River / Yichang - Shanghai**

Today you will sail through the Xiling gorge and enjoy a shore excursion to the Three Gorges Dam. Arriving at Yichang, you will disembark the cruise, and then fly to Shanghai. The driver will wait for you at the airport and transfer you to the hotel in Shanghai.

Golden Riverview Hotel Shanghai (Breakfast Included)

### **Day 14 Shanghai**

Your tour guide will pick you up after breakfast and take you to Yu Yuan Garden, a great art treasure of south China gardening. With a history of more than 400 years, it was started as a private garden in Ming dynasty.

Next is a tour of Old Town Market, a famous Taoist Palace in Shanghai. It was first built during the Ming Dynasty and has experienced a series of developments in the following hundreds of years.

A visit to the famous Bund is a must for Shanghai sightseers. Located on the banks of the Huangpu River it has been regarded as the symbol of Shanghai for hundreds of years. See various buildings of different architectural styles including Gothic, Baroque, Romanesque, Classicism and the Renaissance. Before lunch, you will have a chance to visit Silk Factory.

After lunch you will experience Nanjing Road, one of the busiest shopping streets in the world with 1.7 million visitors a day.

Next is a visit to Jade Buddha Temple an imitation complex of Song Dynasty palaces. It

also serves as Shanghai's Buddhist Institute and Buddhist College. Then you will visit to Shanghai Museum which has a collection of 12,000 valuable relics followed by a visit the Oriental Pearl TV Tower Xin Tian Di an affluent car-free shopping, eating and entertainment district.

Tonight, you will have a night tour and a night cruise on Huangpujiang River. Enjoy the beautiful Shanghai Bund night view. After, your guide will take you back to you hotel. Golden Riverview Hotel Shanghai (Breakfast and Lunch included)

### **Day 15 Shanghai**

After breakfast, your guide will pick you up from your hotel. You will be driven to visit Suzhou. You will visit Garden of the Master of the Nets, one of the most famous gardens in Suzhou. It is a typical work for its artistic specialty and cultural values. Next you will have a short visit to Suzhou No.1 Silk Factory. After lunch you will be driven to the Oriental version of Venice, Zhouzhuang Water Town. You will take a row boat and visit the well preserved local architecture. Afterwards, you will be driven back to your hotel in Shanghai. Golden Riverview Hotel Shanghai (Breakfast and Lunch included)

### **Day 16 Shanghai**

Today you finish your Highlights of China with Yangtze River Cruise tour. You will be transferred to Shanghai Pudong International Airport to start your trip home.

(Breakfast Included)

TRAVEL  
LTD

## Price

\$3890.00 CAD (land only)

Pricing is an estimate only and is subject to change based on availability and other factors. You can use this tour as the basis for a custom tour if you would like but pricing for custom tours may differ depending on changes made. Please note below what is included and not included below:

### Included:

- ✓ All hotel accommodation
- ✓ All meals as per itinerary
- ✓ All meals as per the itinerary
- ✓ All sightseeing tours as specified by the itinerary
- ✓ Entrance fees as per the itinerary including night show tickets, and Li River cruise.
- ✓ Private, knowledgeable English speaking guides
- ✓ Private air-conditioned transportation with licensed drivers
- ✓ All domestic flights: Beijing - Xian, Xian - Guilin, Guilin - Chongqing, Yichang - Shanghai including airport taxes
- ✓ 5 star Yangtze River cruise (3 nights)
- ✓ All hotel and airport transfers

### Not included:

- ⊗ Travel insurance
- ⊗ International flights
- ⊗ VExcess baggage charges
- ⊗ Visa fees (if applicable)
- ⊗ Meals and beverages not specified on itinerary
- ⊗ Items of a personal nature such as laundry and gratuities
- ⊗ Fee for cable car on the Great Wall
- ⊗ Fee for bicycle rental on Xian Ancient Wall

# Map



Beijing

Xian

Guilin

Yangshuo

Chongqing

Yichang

Shanghai

# Travel Guide

China (People's Republic of China)



Location: Asia

Status: UN Member Country

Capital City: Beijing

Main Cities: Guangzhou, Guilin, Hangzhou, Kunming, Nanjing, Shanghai, Suzhou, Xi'an, Yangzhou

Population: 1,350,000,000

Area: 9,596,960 km<sup>2</sup>

Currency: Renminbi (RMB)

Languages: national: Mandarin (Putonghua)

Religions: Buddhist 80%

Calling code: +86

Drive on the right

China invokes the same curiosity and feeling of wonder and puzzlement that Egypt does. Shrouded in mystery for a long time, ruled by majestic emperors and having contributed so much to history, science, alternative therapies and medicine, art and many more, there is every reason for you to want to visit China. In 2011, the number of international travelers to china hit an impressive 12 million. You too will love this massive country with its massive population of more than 1.3 billion people.

Traveling to China is no small feat. There are so many languages, cultures and beliefs that even the veteran, seasoned traveler will be rattled. From the Wall of China that was last upgraded in 1368, to the massive Tiananmen Square with the Mao Zedong portrait, there is so much to see in China. There are the Karst Mountains in Yangzhou and the Paradise on Earth in Hangzhou. One, two or even three long trips are not enough to see even half of this majestic country.

## Best time to go

Because of the vast size of this country, different people may have to travel at different times depending on the region they want to explore. However, for the first time travelers, the best time to go there is during autumn, that is, from early September to late October. Then the temperatures are ambient, ranging from 50<sup>0</sup> to 70<sup>0</sup>F. During this period, there is little or no rainfall.

## General Information

### Passport and visa

You must have a visa and passport that is at least 6 months from the expiry date. The Tourist Visa (L) is issued to aliens going to the Peoples Republic of China for tourism. It is important that you keep your passport with you when you are traveling in China. For safety, make sure that you have a photocopy of your passport on your person somewhere.

### Money

The official currency of China is the Renminbi, in most cases referred to as the Chinese Yuan. Usually, visitors are allowed to carry up to 5000 US dollars, but any more than that, they will be required to have the relevant paperwork. It is advisable to keep some US dollars with you, but change some of your currency into RMB. You will need your passport to change currency at the bank. You can also carry your ATMs with you, but be ware of the transaction charges like domestic currency conversion levies. Popular logos like Visa and MasterCard are widely accepted in China.

### Post and telecommunications

Hotels in China will allow you to send postcards back home. China Post handles all postal needs both locally and internationally. A postcard, parcel or other mail can be sent via three post means. Air is the fastest. It is expensive but mail takes 7 to 15 days top be delivered to the recipients. Surface Air Lifted (SAL) is next, slightly expensive but takes longer. Mail will be transported by air between countries and then by sea, land or whatever is applicable to the recipients' point of collection. The third one is the Surface mail that is transported via sea, rail or land. It can take many days, but it is very cheap.

Calling abroad is easy but expensive. Internet access is available in all major tourist places and you will find WiFi in most cafes in more built up areas.

### Transportation

China has a well-established transport network. However, the available means may not be enough to meet everyone's travel needs, especially during the holidays when everyone is traveling home to their kin. In the larger cities, there are light rails, metro and maglev train systems. *chángtú gōnggòng qìchē* (*long distance buses*) are the best form of transport in China. With the number of express highways increasing, long distance bus travel is becoming even more convenient than rail travel. Buses are the most convenient way to get around and the fares are very affordable. However, the traffic jams can be nasty. Allow enough time for the bus journey if you are going to catch a train or a plane. Forget self-drive car hires unless you are used to the kind of freestyle driving you will find here. Taxis are readily available, but for your sake, ask for a receipt and always choose a decent looking taxi, with the meter prominently displayed.

## **Health and Safety**

### **Climate**

Climate in China is very diverse, because this is a big country. Springs can be warm, pleasant and with little rain in some parts like the north of China, but in others like in the north east, spring can be cool and dry. In others, there could be a little rain.

Some parts like the western interior can experience extreme heat in summer, yet others can experience just 19<sup>o</sup> of temperature. Temperature in the East Coast can go to 35 degrees. It will be hot and humid.

Winters can be bitterly cold, especially in the North East, sometimes going to as low as -20<sup>o</sup>.  
Fall

can be very cold in some places, yet in others like the north, the conditions will be similar to spring.

### **Health and wellbeing**

There are excellent health facilities in China. Always go to the largest hospitals in the big cities, as they will have better services. Carry your own tissue paper, as public toilets may not provide the same. In addition, bring your alcohol wet wipes.

If you suffer from a chronic condition, let your doctor list down as much information about your illness as possible and carry that note with you always. In addition, when you get to Beijing, Guangzhou or Shanghai, buy a first aid kit and over the counter medication that you think will be necessary or carry your first aid kit and medication from home.

### **Vaccinations**

Before travelling to China, please ensure you have adequate protection against disease. Contact your doctor for the latest medical advice on the vaccinations you need, no less than two months before your departure.

### **Travel insurance (compulsory)**

We do everything possible to ensure a safe and enjoyable trip. However, travel inevitably involves some risk and this should be recognised by holidaymakers. Travel insurance is a cost effective way of protecting yourself and your equipment should any problems occur such as cancelled trips, delays, medical emergencies, baggage loss or damage. It also gives you peace of mind. Please make sure your travel insurance covers all activities planned on your trip.

## **Culture & Customs**

### **Etiquette and cultural differences**

If you speak just one or two words of Mandarin, the Chinese will be very delighted. Always introduce yourself with a big smile. The etiquette in China can be something of a shocker to you. If you are introducing yourself formally, state your full name, place of work and position. If informally, give your full name and a simple greeting. If you are introducing other people,

juniors are introduced first, then the seniors. Women are introduced first, then the men. The host is always introduced before the guest.

Always use two hands when giving something, even business cards.

There is no dress code per se in China, but it should not be too revealing. Easterners are very conservative and even if you are on the beach, try not to wear a too skimpy bikini. The Chinese love color red.

Politeness is a universal language. Be polite, even when you are exasperated. Don't point fingers and try not to use gestures unless you have studied their meaning first. China is a very old oriental country. A gesture may mean something in the western countries and an entirely different thing in the East.

### **Food and drink**

Chinese food can be hot and spicy, but all the same, it will give your palates a run for their money. It will be very exciting. When you get to a restaurant, ask to see the English as well as the Chinese menu because some restaurants are known to overprice food for tourists. You should never tip in restaurants or even in taxis. In addition, always look for a hotel that serves Chinese as well as western food. It may not be a good idea to go Chinese all of a sudden especially if you are not used to it.

Once you start sampling the local fare, you will love it. Staple food in China is mostly wheat and rice. However, there are many more types of foods like sweet potatoes, Irish potatoes and legumes. The other most common dishes that you will find include fried bitter melons, noodles cooked with tomato and egg sauce, seasoned potatoes, black fungus with sliced pork (sautéed) and eggs. There are many more. In addition, there are KFC's, McDonalds and Pizza Hut's. You need not go hungry in China.

### **Water**

It is not advisable to drink tap water in China. Bottled water is recommended but do check the expiry date before opening. Ice is widely used and is produced with treated water.

### **Public holidays**

New Years Day on January 1 every  
year Spring Festival that depends on  
Lunation Qing Ming Festival - April 4 or  
5

June Solstice - 21 June

May Day - May 1<sup>st</sup>

Dragon Boat Festival - 5<sup>th</sup> of every 5<sup>th</sup> lunar month

Mid Autumn Day - 15<sup>th</sup> day of the 8 lunar month in Chinese calendar

Arbor Day - 12<sup>th</sup> every year

Spring Festival - first day of the first lunar month

Lantern Festival - 14

February National Day -

October 1<sup>st</sup> Double Seventh  
- August 2

These are just a few. There are many more of them, including the ethnic minority festivals.

### **Helpful tips**

#### **Donations and gift giving**

Although there is poverty in certain areas of China, please read the following points about donations and gift giving.

Do not give money to people begging, especially children. This reinforces the belief that begging is an acceptable way to make a living. If children make money from begging, their parents are less likely to send them to school. Children working on the streets are also vulnerable to abuse. Giving money and goods to beggars can accentuate an unequal relationship between locals and visitors, with tourists being seen as purely money givers. Do not give sweets to children in villages that we visit.

Do not feel that you necessarily have to give material things. Sometimes, giving your friendship, time and interest to locals can be the best gift of all.

#### **Tipping**

Tipping is a personal matter and travellers are encouraged to tip any amount they feel is appropriate. For your convenience, we have included a suggested tipping guide below: Bellboy: 1 - 2 Yuan per suitcase / bag

Chambermaid: 2 - 4 Yuan per day

Guides: 10 - 15 Yuan per day for guides (depending on group size and performance) Drivers: 10 Yuan per day, per person

Restaurants: in smart establishments you may find that the tip is already included in the bill. In local restaurants tips are not expected but you may wish to leave loose change on the table.

#### **Price guide**

Generally, things are cheap in China. However as a tourist you will get overcharged if you are not careful. Haggling is considered a sport when it comes to non-food products. Always stay calm and polite and you'll be surprised at the discounts you may get. Be aware that many items for sale on street stands are counterfeit.

#### **Street food**

Baozi: RMB 3

Rice dish: RMB 3 - 6

#### **Restaurants**

Western dishes: from RMB 15

Local dishes: from RMB 8

### **Drinks**

Soft drinks RMB 1 - 2

Beer: RMB 5 - 7

Fruit juice: RMB 2 - 3

Water: RMB 1 - 1.5

### **Other Items**

DVDs (real): RMB 10 - 20

SIM card: RMB 10

Mobile phone: from RMB 100

### **Pre-departure checklist**

Travel insurance

Passport with at least six months validity from date of entry

Photocopy of  
passport Visa or visa  
on arrival

Vaccinations

ATM cards/travellers

cheques All relevant tickets

Reconfirmed flights

Lightweight clothing

Long-sleeved shirts and trousers (recommended for  
evenings) Electrical adaptor: 220V, 50Hz; 2 pin plugs

A small bag/backpack for day and overnight trips

Appropriate shoes for trekking, cycling and walking

Insect repellent

Sunscreen

Medication/first aid  
kit

**Please note:** Domestic airlines impose restrictions on baggage at approx 20kg maximum, so travel lightly where possible. Also be aware that train and boat cabins have limited space.

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