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## 8 Days Yunnan Cultural Trip

Including Tengchong, Dali, Lijiang and Shangri-La

Upon arrival in Tengchong, you can arrange your vacation itinerary all on your own, or you can purchase the travel packages (Click the [blue fond](#)) :

1. [One Day Join-In Group Tour](#)

2. [8 Days Yunnan Cultural Trip](#)

3. [Customize Your Tour.](#)



Extra bonuses\* on booked [One Day Join-In Group Tour](#), [8 Days Yunnan Cultural](#)

[Trip](#) and [Customize Your Tour](#). Have a look below. Contact us

via [gaoligong@expewise.com](mailto:gaoligong@expewise.com) if you have any other travel wishes !

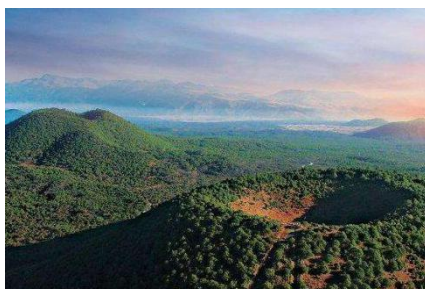
**1. Exclusive Bag Distribution Channel**

**2. Exclusive Drop Bag Channel**

## Day 1: Tengchong

At 9:00am, the tour guide and driver will meet you in the hotel. Then you will visit the Courtyard of National Heroes. The graveyard constructed to honour the martyrs at the battle of recovering Tengchong lies in the west of the county seat at about 1 kilometre far. The construction was started in 1944 and

completed on the 7th of July, 1945. Covering over 10,000 square meters, the main structures are the memorial tower, the martyrs' tombs, the memorial hall and the gate.



After lunch, you will continue to the Tengchong Volcano National Geopark. Since Tengchong is located between the India Plate and Eurasia Plate, where crustal movements are active, so earthquakes frequently happen and volcanoes often erupt. There are about 90 conspicuous cones now. Among them, 22 craters remain intact. Around the craters is a combination of scabland, volcanic cinder and volcanic flow, forming a wonderful view- the cluster of volcanoes in Tengchong.

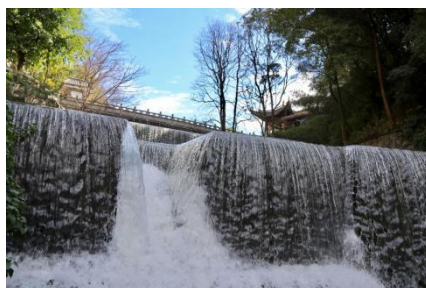
Then, you will be transferred back to your hotel. Have a good rest!

Meals: B

Overnight in Tengchong

## Day 2: Tengchong - Dali

In the morning, you will drive to visit Dieshuihe Waterfall. The waterfall leaps down over a 46-meter-high precipice at the outlet of the Dayinjiang River, 1.5 kilometres away in the west of the county town, diffusing vapour all around. In sunshine, a rainbow rises from among the steaming vapour.



Then you will head to Dali. Dali is known for her relaxed atmosphere, and is a great town to stroll around. Have a drink in one of the many cozy little bars or warmly decorated coffeeshops, or walk around its lively main streets where local artists sell all kinds of beautiful handicrafts. Climb the city walls and enjoy the view of the impressive mountains on one side and the tranquil lake on the other.

Meals: B

Overnight in Dali

### Day 3: Dali

In the morning, you will be picked up from your hotel in Dali Ancient Town at 9 o'clock. Then your driver will bring you to the small old town Xizhou which is much less touristic than Dali Old Town. Here we will visit the morning market, where locals dressed in traditional minority clothing sell and buy local fruits, freshly cut meat, piles of fragrant spices, livestock and anything else you can think of. Wander through the rest of town, and visit Bai-style traditional architectural courtyards, and feel in a





different world as you explore the Bai minority's distinctive culture.

The next destination is Zhoucheng Village, which is called the "Hometown of Ethnic Bai Tie-Dye Culture" and take a look around a traditional Tie-Dye workshop. All tie-dye products are handmade with natural materials and dyes. Here you can see how grandmothers hand over this century old tradition to mothers and daughters and follow their process.

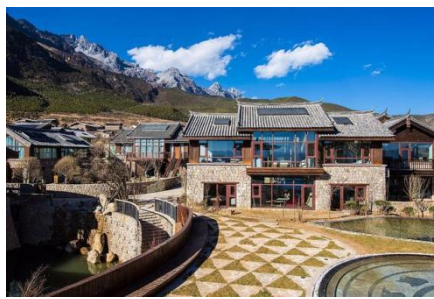
Next, you can relax on a cruise on Erhai Lake to Tianjing Island. Enjoy the majestic views of the green and clouded Cangshan Mountain Range looming over the Three Pagodas from far while swarms of birds fly peacefully around you over the tranquil lake.

Meals: B

Overnight in Dali

#### Day 4: Dali - Lijiang

Get picked up from your hotel at 8 am and drive to Lijiang which takes about 3 hours (there won't be an English-speaking tour guide with you until you arrive in Lijiang). take a visit to close Jade Lake Village, a tiny village – without lake – tucked away in the southern valley with another fantastic view over the Jade Dragon Snow Mountain. Here you can visit the previous residence of Joseph Rock, now turned into a museum. Joseph Rock was a Victorian National Geographic explorer and botanist who spend over 20 years of his life in this area, recording Naxi culture and risking his life exploring the far corners of Yunnan.



Because of Rock, Lijiang became known in the western world. Then head to Baisha village, which is the

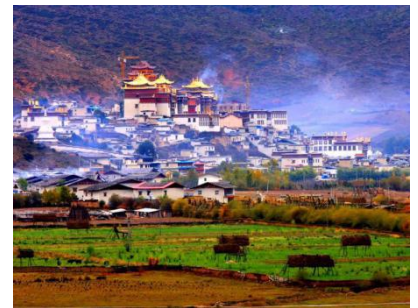
birth place of Chieftain Mu, whose 22 generations spanning over 470 years once ruled Lijiang. In this village you can enjoy well-preserved historical buildings and murals depicting older times and the prosperous Mu-clan. Before we head back to Lijiang Old Town, we stop by Shuhe Ancient Town, as historically rich as Lijiang Old Town, but more peaceful with almost no other tourists. Another local market can be visited here before your driver will drop you off at the gate of Lijiang Old town.

Meals: B

Overnight in Lijiang

## Day 5: Lijiang - Tiger Leaping Gorge - Shangri-La

Today after breakfast, we'll drive about 60 km to the First Bend of the Yangtze River, which is close to Shigu can be marveled at before we head further north to Tiger Leaping Gorge with an imposing gorge scenery (about 88 km, 1.5 hours, partly highway, partly country roads). It's one of the deepest gorges in the world with 34 rapids. The gorge measures 16 km long and a steep 3900m from the waters of Jinsha River to the snow-capped mountain tops of Haba Snow Mountain to the north-west and Yulong (or Jade Dragon) Snow Mountain to the south-east. The inhabitants of the gorge are primarily the indigenous Naxi people, who live in a handful of small hamlets. The Tiger Leaping Gorge is another top attraction of Yunnan!



Later in the afternoon the tour proceeds to Shangri-La (102 km, 2.5 hours), the former Zhongdian which is well-known as the paradise destination for every traveler. Upon arrival in Shangri-La, you will have

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entered the Tibetan cultural area and a landscape of barley fields and yaks scattered in the valleys.

Meals: B

Overnight in Shangri-La

## Day 6: Shangri-La - Kunming

After a sumptuous Tibetan breakfast, your driver will take you out to the restored Songzanlin Monastery, also called 'Little Potala Palace' as this 17th century monastery is modelled after the Potala Palace in Lhasa. It is the largest Tibetan monastery in Yunnan with over 700 monks actively practicing Tibetan Buddhism. The huge golden roof is a bright shining beacon that attracts Buddhists from all over Asia.



There will also be a chance to visit a local family and experience the real life of a herdsman in the high steppe.

Afterwards, you will be able to enjoy a relaxing cup of coffee (or perhaps a pot of Yak Butter Tea for the more adventurous) at Shangri-La's High Mountain Resort which overlooks the beautiful Napa Lake nature reserve, a beautiful highland meadow full of yaks, horses and birds. The meadow looks different every season: in summer wild flowers turn it into a colorful carpet, in winter the meadows turn into fields of gold, and in the spring green land stretches to the skyline.

Then you will take evening flight to Kunming.

Meals: B

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Overnight in Kunming

## Day 7: Kunming

At 9 o'clock in the morning, your driver and tour guide will pick you up at your hotel. You will drive about 1.5 hours to the Stone Forest. This petrified forest has been eroded into ethereal shapes of great swords and towering pagodas. Millions of years of tectonic shifts and erosion from wind and rain have resulted



in today's maze of sharp-edged fissures and sky-piercing pinnacles. After that, you will see the Flower and Bird Market, which reflects the Old Kunming way of life, with a lot of people selling flowers, birds, fish, insects, bamboo bongs and pipes.

Meals: B

Overnight in Kunming

## Day 8: Kunming departure

Today, you will be transferred to Kunming airport to catch your flight to next destination. Tour ends.

Meals: B