

Three Parallel Rivers 10-day Trekking Tour

This is one of the most outstanding treks in Yunnan, through the 3 Parallel Rivers (Yangtze / Nujiang / Mekong) UNESCO World Heritage Protected Area. Autumn is the best time of year to visit.

Day 1: Fly to Lijiang. We will relax here for a day, soaking up the atmosphere in this 400-year old town and making final preparations for the start of our trek.

Day 2-3: Van to LaoJunShan National Park, the starting point for our trek. We will head north to LanPing, and continue onward to Biluo Snow Mountain, in the northern end of the Gaoligong range. We will pitch our tents on the mountainside, and enjoy the brilliant views and starry night sky.



Day 4-5: Hike up to Laomudeng village, the Nu ethnic village at the foot of BiluoSnow Mountain. We will stay in a local Nu ethnic guesthouse run by a local family. Enjoy a hot shower, and sample some of the local Lisu cuisine, the staples of which are rice, vegetables, and beef. Just don't drink too much of the local wine...

Day 6-7: Travel to the remote town of Gongshan by private van, and begin hiking to Dimaluo, a quiet Tibetan village. We will try some warm Tibetan dishes and stay one night in a local guesthouse. Day 8-9: Hike from Dimaluo to Cizhong, site of a famous Catholic church, established over 100 years ago by a group of French missionaries. It was very well protected by the local village people even during the Cultural Revolution, when similar buildings were destroyed en masse throughout China. We will stay in a local guesthouse, offering hot showers and some nice food.

Day 10-11: Continue hiking over the mountains, first to Yunling, and then to Benzilan. From there we will head to Shangri-la, an important trading post on the road that links Yunnan with Tibet, that has since bloomed into an established tourist destination. There we will stay at a wonderful guesthouse and try the delicious local yak meat, “hot pot” style. Day 12: In the morning, fly from Shangri-la to Kunming. This concludes our trip.



Hotel accommodation inclusive in the above package:

Meal Code: B-Breakfast in the hotel L-Chinese lunch in local restaurant D-Chinese Dinner in local restaurant

Group Size minimum 2, maximum 12

Difficult:

Difficult Price (Per Pax in US\$):

Tour leader: Jolie and other local guide

Remark: * Please also note: this itinerary is subject to change. * We will change the price follow the market, and we make sure by e-mail. * The above quotation is based on twin share. Single supplement will be charged only when you are the 3rd, 5th person in this group, and need to stay in one single room, which means no one in the group can share the cost of accommodation with you.

The Package Includes: * Daily private escorted tours with all entrance fees in the itinerary. * All meals as specified in the itinerary “B” stands for Breakfast, “L” for Chinese Lunch. “D” for Chinese dinner in local Chinese restaurant. The Package include the 6 breakfast and 13 meals. * Service of English speaking tour guide during all transfers and sightseeing * Local transfers by company vehicle. * Hotel accommodation based on twin share * All local tax. **The Package is Not Inclusive of:** * Airline tickets or train tickets * Insurance * All optional programs; * Meals: Any meals which are not specified with “B”, “L”, or “D”; * Personal expenses and gratuities to service staff. Due to the road conditions, weather and availability of room, Minor program changes sometimes are necessary, all above is subjected to our confirmation.

Health and Safety

We will ensure customers are provided with hygienic food and accommodation.

All participants with a medical condition requiring treatment or which may be affected by strenuous activity or altitude, heat, cold or particular foods must notify the company in writing in advance.

Some trips require a high level of fitness. In this case, participants will be required to submit a medical and physical examination record. The company’s or tour leader’s judgment shall provide the final determination of an individual’s fitness to embark upon, or continue with a trip.

All participants must be covered by a valid medical and travel insurance policy for the duration of the trip.

Physical conditioning is recommended as preparation for all trips, especially those involving trekking and cycling.