

## Shangri-La Cycling Tour - 9 Days

This is a deep exploration into Yunnan province, southwest China. During 9 days, you may discover the colorful ethnic culture, ride a bike travelling through old city towns and small villages, and enjoy the stunning beauty of the snow mountain and crystal waters.

Date	Destinations	Attractions, Meals & Transport
1	Day 1 Kunming	 Arrive at Kunming, the capital city of Yunnan Province. The secret of Southwest China lies with its unique combination of geography and ethnic culture. Upon arrival, meet and transfer to the hotel. Enjoy the rest of the day free to explore the city at your own pace.
2	Day 2 Kunming	 <b>Meals: Breakfast, Lunch</b> In the morning, enjoy an excursion to the <b>Stone Forest National Geological Park</b> (UNESCO), approximately 85 km from the city of Kunming, which is a notable set of Karst landscape formed some 270 million years ago. This geological wonder consists of limestone cliffs and peaks that have weathered into various shapes since their formation beneath the sea. In the afternoon, drive back to Kunming and wander the <b>Flower and Bird Market</b> .
3	Day 3 Kunming - Dali (by air)	 <b>Meals: Breakfast, Lunch</b> In the morning, transfer to the airport and fly to Dali. Dali City is located on a fertile plateau nestled between the Cangshan Mountains to the west, and Erhai Lake to the east, which was traditionally settled by the Bai ethnic group. Upon arrival, visit the famous <b>Three Pagodas</b> , the precious treasure and main landmark in Dali. Shortly after, take on a walking tour of the <b>Dali Old Town</b> to capture its charm with narrow cobbled streets and traditional stone architecture. The rest of the day is free for exploring and relaxing.
4	Day 4 Dali	 <b>Meals: Breakfast, Lunch</b> <b>Cycling: About 25 kilometers</b> In the morning, ride (about 23km) from Dali Old Town to <b>Xizhou Ethnic Minority Village</b> , where you could enjoy the collection of traditional Bai-style architecture and art. Then continue your cycle tour (about 2km) to <b>Shacun Village</b> and enjoy a boat cruise on the <b>Erhai Lake</b> , which is reputed as the pearl on plateau for its charming scenery. In the later afternoon, drive back to Dali Old Town and have a rest.
		 <b>Meals: Breakfast, Lunch</b> In the morning, drive to the city of Lijiang. In the ancient time, Lijiang flourished as a trading post of the Silk Road of tea, known as the "Tea-Horse Ancient Road". In 1997, the UNESCO put Lijiang

5	Day 5 Dali - Lijiang (by automobile)	<p>on a list of the world cultural heritage.</p> <p>Upon arrival, visit the remarkable <b>Jade Dragon Snow Mountain</b>. You travel by cable car to the Yak Meadow, which commands a magnificent view of the glacier.</p> <p>In the afternoon, tour the <b>Baisha Fresco</b> situated in the northern part of Lijiang. You will find an assortment of over 600-year old preserved murals.</p>
6	Day 6 Lijiang	<p> <b>Meals: Breakfast, Lunch</b></p> <p><b>Cycling: About 18 kilometers</b></p> <p>After breakfast, pay a visit to the crystal <b>Black Dragon Pool</b> with the superb vistas of the nearby Jade Dragon Snow Mountain.</p> <p>Afterwards, ride from <b>Black Dragon Pool to Shuhe Ancient Town (about 6km)</b>, a small Naxi village that features the ethnic culture and natural scenery.</p> <p>Then continue your bicycle tour to <b>Huangshan Village (about 6km)</b>. Surrounded by mountains two beautiful high plateau lakes, the village composes a harmonic idyll with the colorful rurality.</p> <p>Later, move on to the <b>Old Town of Lijiang</b> (about 6km), which is the best-preserved ancient town in China and well-known for its distinctive Naxi culture and ancient buildings.</p>
7	Day 7 Lijiang - Shangri-La (by automobile)	<p> <b>Meals: Breakfast, Lunch</b></p> <p>Today, you embark on a scenic car ride to the <b>Tiger Leaping Gorge</b>. You travel along the Golden Sand River, the beginning of the mighty Yangtze. You stop for pictures for the amazing view of the spectacular <b>First Bend of Yangtze River</b>, cutting through several mountains, changes its directions in several 90 degree turns. You stop at the stupendous Tiger Leaping Gorge, which is believed to be the deepest gorge in the world. Following an ancient trek, enjoy a magnificent close-up view of sharp cliffs and roaring rushing water. In the later afternoon, you will take an overland ride to Shangri-La.</p>
8	Day 8 Shangri-La	<p> <b>Meals: Breakfast, Lunch</b></p> <p>In the morning, pay a visit to <b>Ganden Songzanlin Monastery</b>, the largest Tibetan Buddhism monastery in Yunnan province. Built in the 17th century, during the reign of the Fifth Dalai Lama, it is often referred to as the Little Potala Palace.</p> <p>Then head to <b>Pudacuo National Park</b>, which is notable as the first national park in China to meet International Union for Conservation of Nature standards. It incorporates the Bitu Lake and the Duhu Scenic Area, which holds the stunning view of three parallel rivers and dense deciduous forests.</p>
9	Day 9 Shangri-La - Kunming (by air)	<p> <b>Meals: Breakfast</b></p> <p>After breakfast, transfer to the airport and take a flight to Kunming.</p> <p>Service ends.</p>

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