

## Tiger Leaping Gorge Hiking with Shangri-La Tour - 8 Days

The magnificent Tiger Leaping Gorge is no doubt an ideal place for hikers. The jagged rocks, sheer cliffs, swift currents and beautiful scenery will give you a memorable trip. Moreover, your tours in Lijiang, Shangri-La and Kunming, three most famous tourist cities in Yunnan, will not fail to impress you.

Date	Destinations	Attractions, Meals & Transport
1	Day 1 Lijiang	<ul style="list-style-type: none"><li>Upon arrival in Lijiang, meet and transfer to the hotel. Afternoon will be free for you to explore the old city which flourished as a trading post of the Silk Road of tea known as the "Tea-Horse Ancient Road".</li></ul>
2	Day 2 Lijiang	<ul style="list-style-type: none"><li>breakfast, lunch, dinner</li><li><i>Jade Dragon Snow Mountain, Murals in Baisha Village, Old Town of Lijiang</i> The Jade Dragon Snow Mountain is a famous for a magnificent view of the glacieris. The snow-covered mountain resembles a jade dragon lying in the clouds, hence the name. The Baisha Village is one of the oldest towns in Lijiang as well as one of the earliest communities of the Naxi ethnic group. The 44 pieces of ancient murals there were carved in the early Ming Dynasty. The Old Town of Lijiang (UNESCO) is one of the best-preserved ancient towns in China and is famous for its distinctive Naxi culture and ancient buildings.</li></ul>
3	Day 3 Lijiang - Tiger Leaping Gorge - Tina's Guest House	<ul style="list-style-type: none"><li>breakfast, lunch, dinner</li><li><b>Hiking hour: 7 hours</b> Today you will take a drive to view the <b>First Bend of Yangtze River</b> (where the river makes a U-turn and heads north) on the way to <b>Tiger Leaping Gorge</b>. Following an ancient trek, enjoy a magnificent close-up view of sharp cliffs and roaring rushing water. You will start hiking from <b>Qiaotou</b>. Walk on the high trail and after about 2 hours you will reach the <b>Naxi Family Guest House</b>. Take a rest there and then hike for another 1 hour to "28 Bends". "28 Bends" is a section of winding ascent which takes more than half an hour to hiking. Continue to the <b>Middle Tiger Leaping Gorge</b>. About three hours later, you will arrive at the <b>Tina's Guest House</b>. Stay overnight at Tina's Guest House.</li></ul>
4	Day 4 Tina's Guest House - Walnut Grove - Haba Village	<ul style="list-style-type: none"><li>breakfast, lunch, dinner</li><li><b>Hiking hour: 6 hours</b> In the morning, drive to <b>Walnut Grove</b> (about 10 minutes) for a simple visit. Then transfer to the hiking point for about 6 hours' hiking tour. You will trek via Latouzhi Village and Wobazhi Village and finally arrive at <b>Haba Village</b>. On the way you can appreciate the beautiful view of <b>Haba Snow Mountain</b>. Stay overnight in Haba Guest House.</li></ul>
5	Day 5 Haba Village - Baishuitai - Shangri-La	<ul style="list-style-type: none"><li>breakfast, lunch, dinner</li><li><b>Hiking hour: 4 hours</b> Transfer to the hiking point and trek for about 4 hours to <b>Baishuitai</b> (White Water Terrace), which means "growing flower" in Naxi. It is not only a place of beautiful scenery, but also one of the birthplaces of Dongba Naxi culture, widely known around the world. Occupying an area of about 3 square kilometers with green plants and springs setting off each other, Baishuitai is just like a "field in heaven". Then, you will be transferred to Shangri-La and meet your guide there.</li></ul>
6	Day 6 Shangri-La	<ul style="list-style-type: none"><li>breakfast, lunch, dinner</li><li><i>Ganden Songzanlin Monastery, Pudacuo National Park</i> The Ganden Songzanlin Monastery is the largest Tibetan Buddhism monastery in Yunnan province. Built in the 17th century, during the reign of the Fifth Dalai Lama, it is often called ' the Little Potala Palace'. The Pudacuo National Park 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, and holds the stunning view of three parallel rivers and dense deciduous forests.</li></ul>
	Day 7 Shangri-La	<ul style="list-style-type: none"><li>breakfast, lunch, dinner</li><li>In the morning, transfer to the airport and take a flight to Kunming, the capital city of Yunnan Province.</li></ul>

7	Day 7 Shangri-La - Kunming (by air)	<p>Upon arrival, meet the guide and take a visit to the <b>Stone Forest</b> (UNESCO), a typical 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.</p> <p>Afterwards, take a 2-hour car ride back to Kunming and transfer to the hotel.</p>
8	Day 8 Kunming	<ul style="list-style-type: none"> <li>• breakfast</li> <li>• Today, transfer to the airport for your departure.</li> </ul> <p>Service ends.</p>

Tour Includes :

- Private tour guide
- Private air-conditioned coach
- Land transfers between airport or railway station and hotel
- Entrance tickets as listed
- Chinese lunch and dinner as listed
- Hotels with breakfast
- Service charge & government taxes

Tour Excludes :

- Flight or train ticket
- Personal expenses such as laundry, drinks, phone bills, optional activities
- Tips for guides and drivers
- China Visa
- Travel insurance

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