

10 DAYS / 9 NIGHTS

BEIJING--SICHUAN--SHANGHAI

Pandas & Peace



Start a journey centered around Sichuan's enchanting blend of natural wonders, panda encounters, and spicy cuisine. Wander through Jiuzhaigou's fairy-tale landscapes, hand-feed pandas in Chengdu, and enjoy face-changing shows over tea in Kuanzhai Alleys. Beijing and Shanghai add depth: trace history on the Great Wall, explore the Forbidden City, then marvel at Shanghai's skyline and sample vegetarian delights like osmanthus-flavored rice cake or braised seasonal greens.

A southwestern haven, Sichuan promises rejuvenation. Ideal travel times are March–June and September–November.



Please note: Huanglong and Jiuzhaigou are located on highland terrain, with elevations ranging from 2,000 to over 3,500 meters (6,500–11,500 feet). Travelers may experience mild altitude discomfort—please take it slow and stay well hydrated.



Why choose China Crossing?

At China Crossing, we believe that the most meaningful parts of a healing journey often come from simple, everyday moments—

*A laugh with someone new.
Steam rising from a bowl of noodles.
Morning light through your window in the mountains.*

Travel with us isn't about rushing or ticking boxes. We design gentle, culture-rich trips across China that help you come back to what really matters.





DAY 1

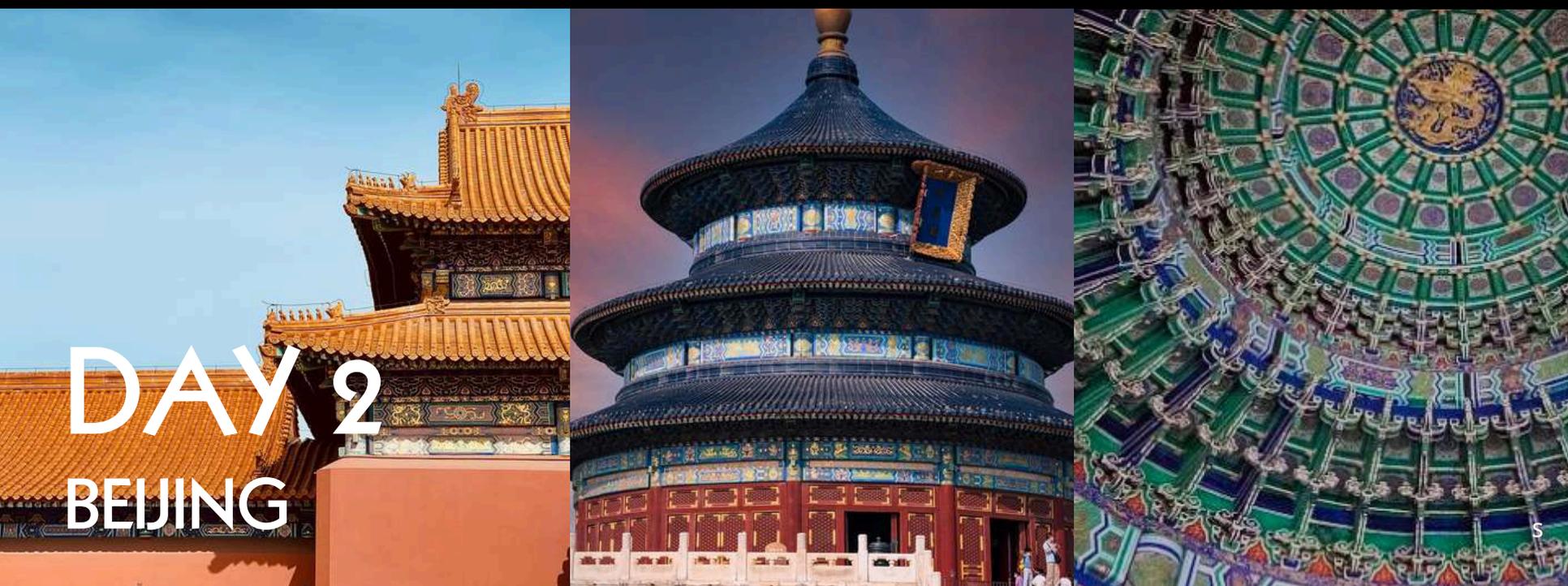
BEIJING



Arrive in the morning. Our team looks forward to welcome you at the Beijing Capital airport
 In the afternoon, wander through the maze-like **hutongs**, savoring the rich flavors of authentic local snacks. Step into **Prince Gong Mansion**, then take a leisurely stroll along the tranquil shores of **Shichahai Lake**. Continue to the vibrant **Nanluoguxiang Alley**, where tradition meets creativity in every corner. And then, go with a hands-on **cultural heritage experience** with instructors (opera masks painting or paper-cutting)

Accommodation: Sunworld Hotel Wangfujing





DAY 2

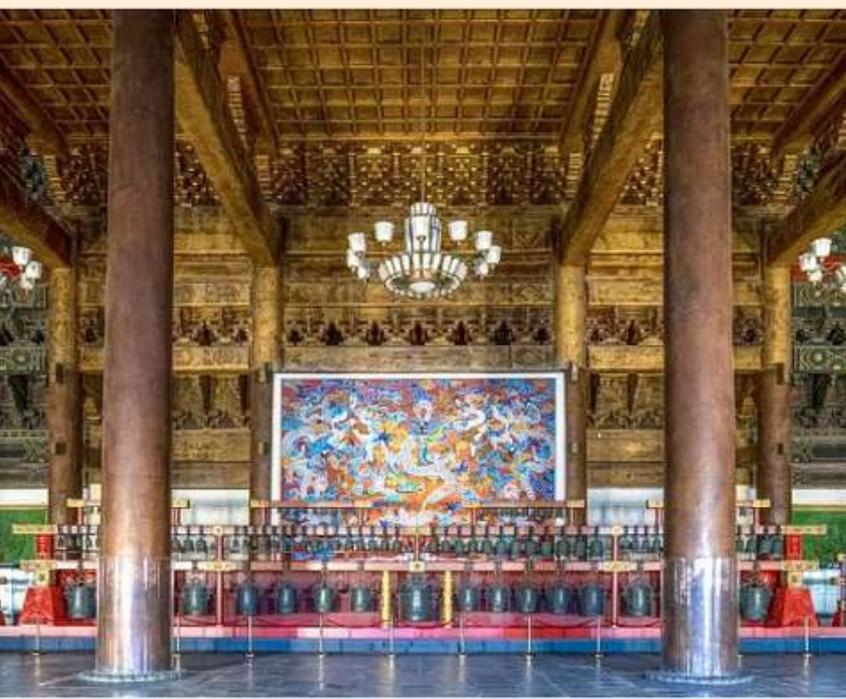
BEIJING

Start your day with a visit to the magnificent **Forbidden City**, a symbol of imperial China and a treasure trove of history and culture.

Head to the serene **Temple of Heaven** (30 mins drive), a masterpiece of Ming dynasty architecture where emperors once prayed for abundant harvests. Conclude your day at the majestic **Taimiao**—Imperial Ancestral Temple (20 mins drive), a sacred space rich in tradition and grandeur.

Every step unveils a new chapter of Beijing's imperial splendor!

Accommodation: Sunworld Hotel Wangfujing





In the morning, head straight to the **Mutianyu Great Wall**, where you can opt to experience the thrilling slideway for an exciting descent after exploring the ancient fortifications.

Later in afternoon, our team will safely drive you to the airport for your **flight to Chengdu**(approx. 3 hours).

As the heart of Sichuan, Chengdu captivates with its laid-back vibe, rich culture, world-famous cuisine, and charming giant pandas. Upon arrival at Chengdu Airport, our staff will greet you and escort you to your hotel for a smooth check-in.

Accommodation: Sheraton Chengdu Lido Hotel





DAY 4 CHENGDU

In the morning, head to the **Chengdu Research Base of Giant Panda Breeding** (approx. 30 mins). Wander through the green bamboo forests to observe giant pandas feasting lazily or playing joyfully—their fluffy cubs are especially adorable, melting your heart in an instant.

In the afternoon, drive to the **Sichuan Cuisine Museum** (approx. 1 hour). Explore a traditional kitchen setup and, under the guidance of local chefs, cook classic dishes like Kung Pao Chicken or Mapo Tofu, savoring the flavors while delving into the unique charm of Sichuan culinary culture.

Accommodation: Sheraton Chengdu Lido Hotel





DAY 5

HUANGLONG

Check out from hotel. Take a morning high-speed train to **Huanglong** (approx. 2 hours), followed by a 30-minute scenic drive to the park entrance.

Enjoy the colorful travertine pools and alpine scenery of Huanglong Scenic Area. We will spend approx 3.5 hours at the park. Then, drive 2 hours to hotel at Jiuzhaigou and enjoy a restful night.

Accommodation: Grand Rezen Jiuzhaigou Resort





DAY 6

JIUZHAIGOU

Spend the entire day immersed in the dreamlike landscapes of **Jiuzhaigou**—no driving or transfers today, just pure natural beauty at your own pace.

Wander through a world of crystal-clear lakes, cascading waterfalls, and snow-capped peaks.

Must-see spots include the vibrant **Five Flower Lake**, the serene **Mirror Lake**, and the dramatic **Nuorilang Waterfall**, each offering a different side of Jiuzhaigou's magic.

Accommodation: Grand Rezen Jiuzhaigou Resort





DAY 7

CHENGDU

In the morning, check out from hotel and take a high-speed train back to Chengdu (approx. 2 hours). In the afternoon, explore **People's Park**, where you'll sip traditional tea, watch locals play mahjong or enjoy ear-picking. And then wandering through ancient brick houses in **Kuanzhai Alleys**.

Drive to **Dujiangyan (approx. 1.5 hours)** to witness the magical "Blue Tears" phenomenon. As dusk falls, the Minjiang River with blue bioluminescence-like ripples under the lights, creating a quiet, dreamlike moment under the night sky.

Accommodation: Steigenberger Chengdu (Dujiangyan)





DAY 8

QINGCHENG MOUNTAIN



Today is the Taoist culture immersion day.

In the morning, a **Taoist physician** will check your body condition via Traditional Chinese body checking which follows the Four Diagnostic Methods – observing appearance, listening, asking detailed questions, and feeling the pulse and body.

In the afternoon, we practice **Baduanjin** in front of Qingcheng Mountain, like "Single Arm Raising for Spleen Regulation" and "Backward Gaze to Relieve Strain"

Accommodation: Steigenberger Chengdu (Dujiangyan)



Baduanjin Practice



Taoist Traditional Chinese Physician



DAY 9

SHANGHAI

Urban Stroll

Check out from hotel in the morning, then head to Lijiang airport to Shanghai. And then, start your urban exploration: stroll along **the Bund** to feel the clash of history and modernity between the colonial buildings and Lujiazui skyline, climb **the Oriental Pearl Tower** to overlook the Huangpu River from its transparent corridor.

Visiting **Yuyuan Garden** in the afternoon to admire classic Jiangnan gardens—experiencing Shanghai's unique charm in one day, and fully experience the unique charm of Shanghai in one day.

Accommodation: SSAW Boutique Hotel Shanghai Bund



DAY 10

SHANGHAI

Farewell



After breakfast, our team will drive you safely to the Shanghai International airport.

Thank you for joining us! **China Crossing** looks forward to creating next healing journey for your in China!

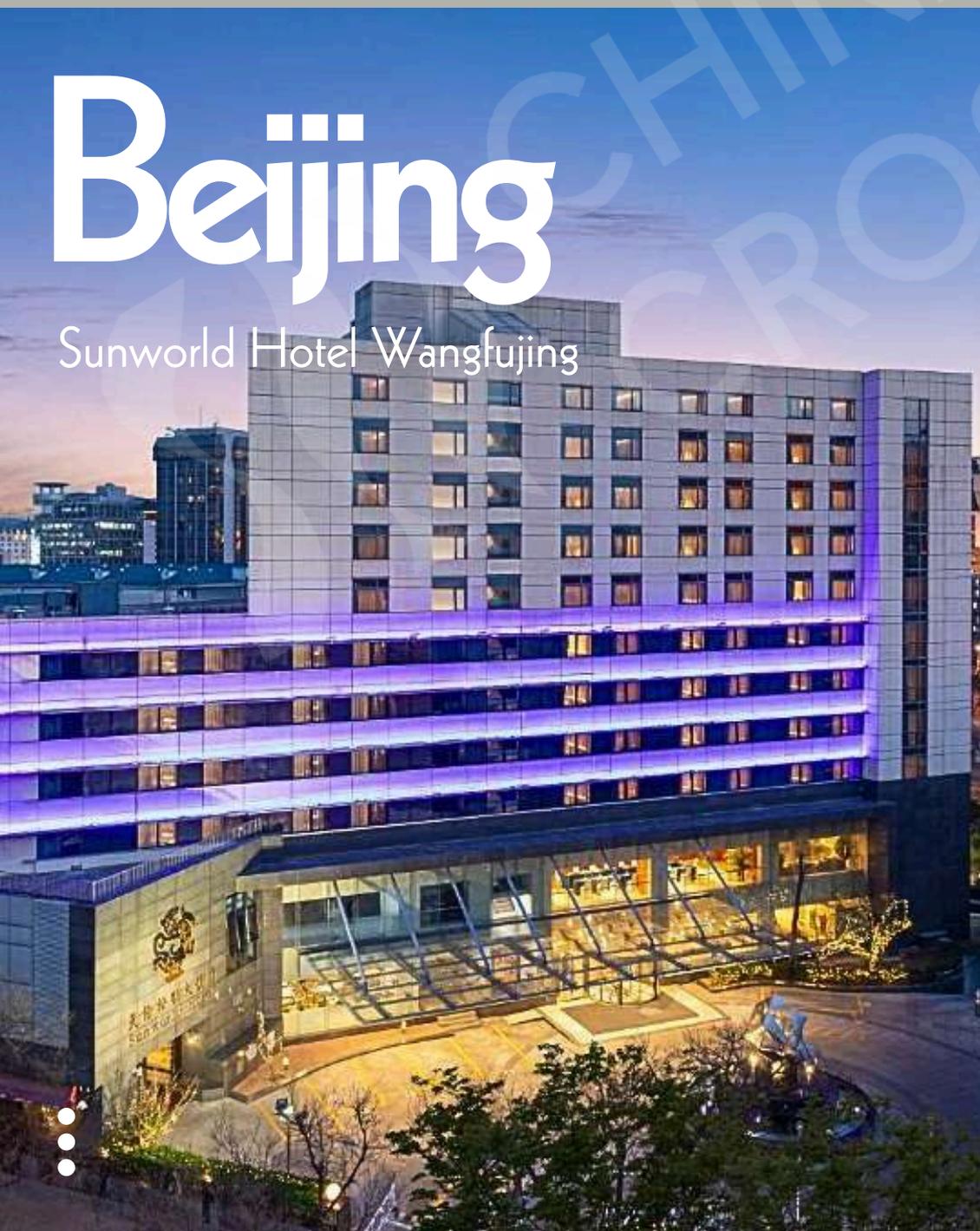


ACCOMMODATIONS:

HOTELS AND EQUIVALENT GUESTHOUSES

Accommodation is subject to availability, equivalent accommodation will be provided







Chengdu

Sheraton Chengdu Lido Hotel







Dujiangyan

Steigenberger Chengdu (Dujiangyan)





Shanghai

SSAW Boutique Hotel Shanghai Bund



What's included:

Accommodation

- Carefully selected hotels, or similar boutique guesthouses
- Daily breakfast at hotels

Transportation

- Group airport/train station pickup and drop-off service
- High-speed train (if applicable, the speed is at 250-350km/h)
- Domestic flights (if applicable)

Guided Experiences

- Knowledgeable local guides in English, French, Spanish, or other languages upon request
- Entrance fees to all included attractions
- Cultural activities, or workshops (depending on itinerary)

Support & Services

- 1:1 travel assistance during your trip
- Small-group or private tour flexibility
- Personalized recommendations and insider tips

What's NOT included:

- International airfare
- Lunch and dinner. all-inclusive option is also available if you don't prefer to explore local cuisine yourself.
- Personal expenses (souvenirs, snacks, extra activities)
- Tips for guides & drivers (optional but appreciate)



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