

11 DAYS / 10 NIGHTS

BEIJING--YUNNAN--SHANGHAI

Trails & Traditions:

Yunnan's essence through movement and stillness

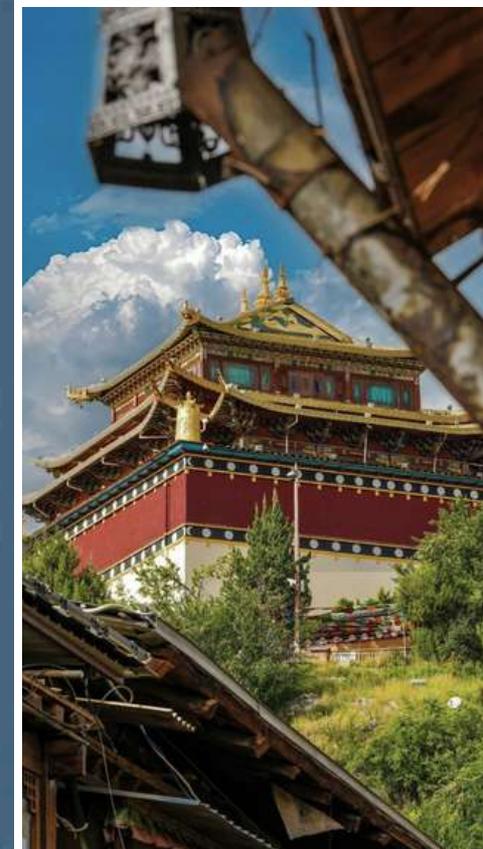


Why choose China Crossing?

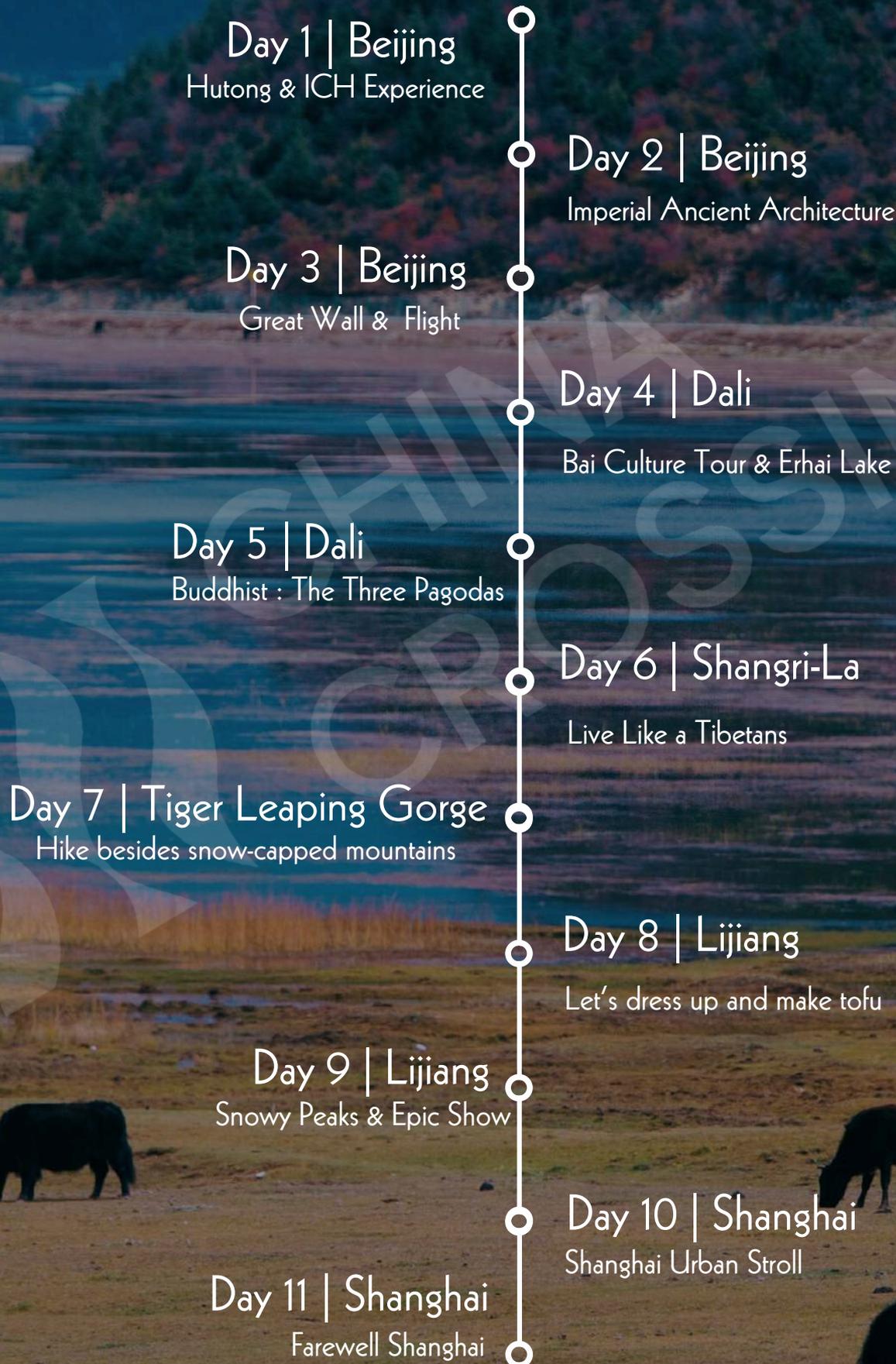
At China Crossing, we believe that the most meaningful parts of a healing journey often come from simple, everyday moments—

*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.



Yunnan, a province in southwest China, is renowned for its diverse landscapes and rich ethnic minorities cultures. From stunning gorges and hands-on Bai tie-dye to cooking with locals on a farm, this journey blends slow living with rich tradition. Explore ancient towns, glide along Erhai Lake, stand beneath Jade Dragon Snow Mountain, and feel the magic of open-air performance where nature and culture come alive together. Beijing and Shanghai add layers of history and modernity. The best season to visit Yunnan is from Late Sep-Nov and April-June



Please note: Jade Dragon Snow Mountain and Tiger Leaping Gorge sits at high altitude, with the highest mountain tip reaching over 4,500 meters (14,700 feet). Travelers may experience mild altitude discomfort—please take it slow and stay well hydrated.



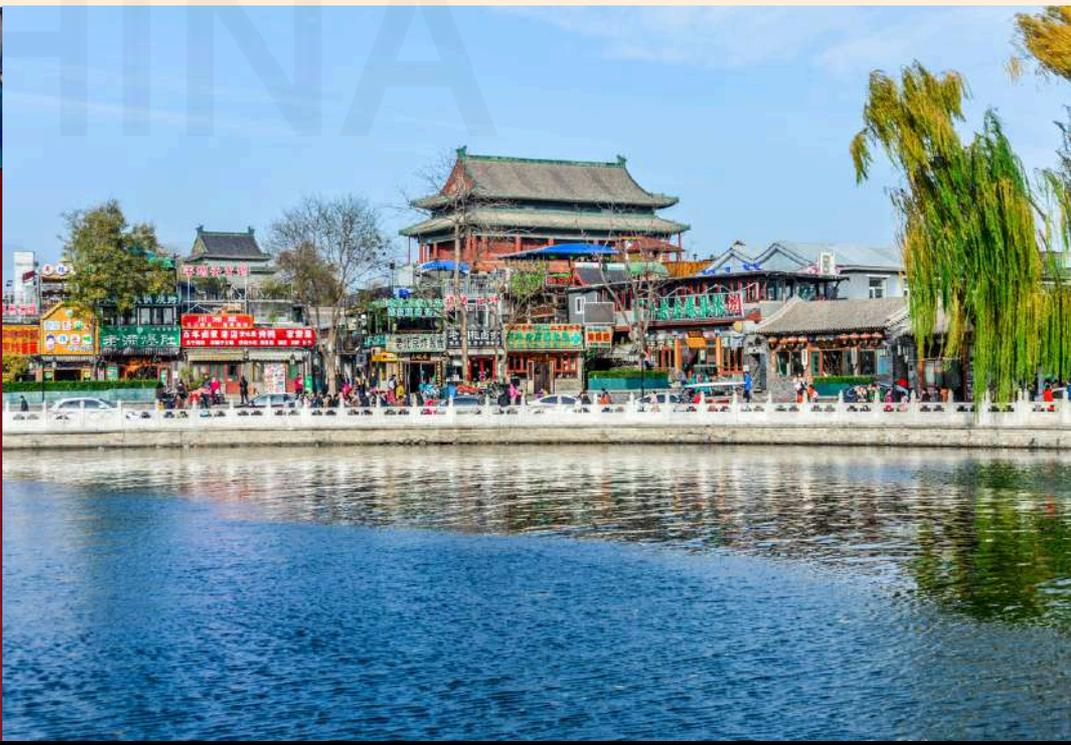
DAY 1

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





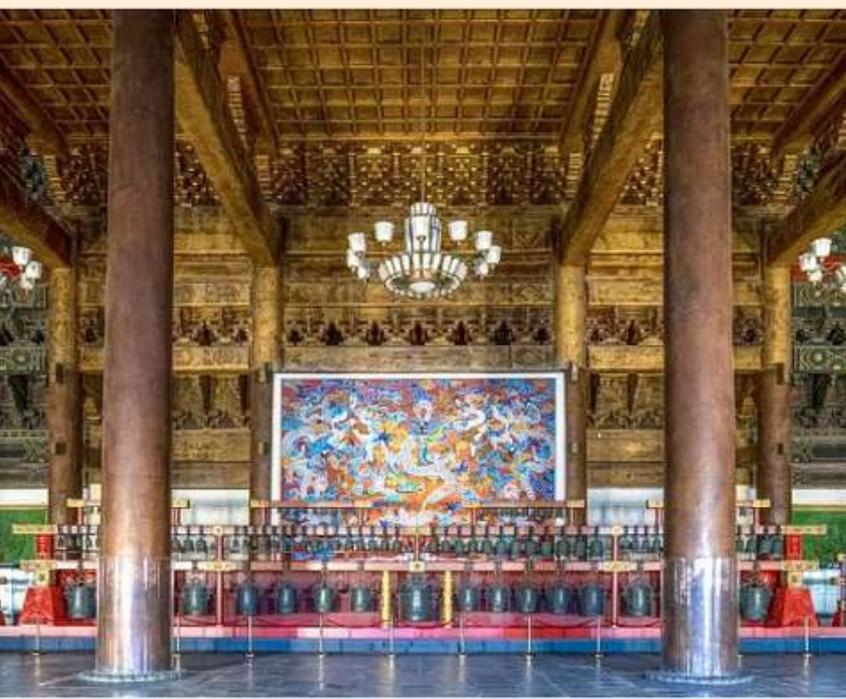
DAY 2 BEIJING

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





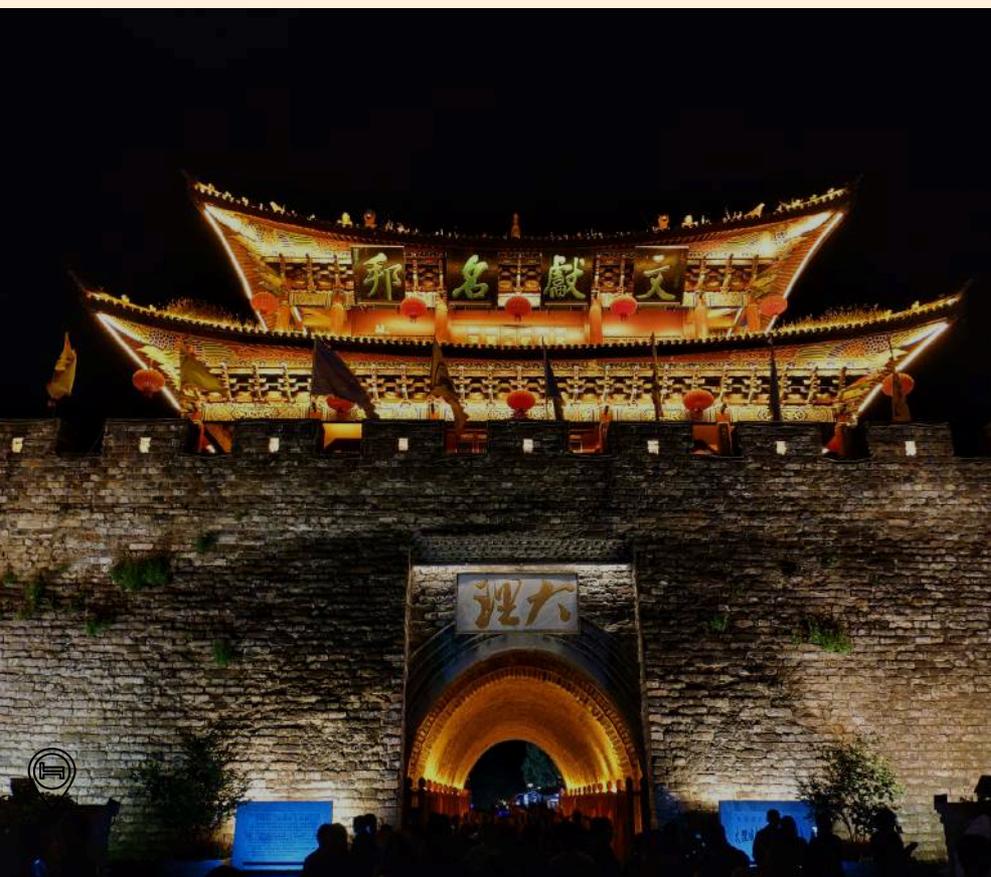
DAY 3

BEIJING--DALI

In the morning, head straight to the **Great Wall**, where you can opt to experience the thrilling slideway for an exciting descent after exploring the ancient fortifications. Afterwards, our team will drive you to the airport for your flight to Dali, Yunnan (flight is approx. 4 hours).

Our Yunnan team will meet you at **Dali Airport** and transfer you to your hotel for check-in. In the evening, you can explore the **Dali Ancient Town** freely, where time-honored architecture and bustling local life converge harmoniously.

Accommodation: Dali Wucaiyun Inn





DAY 4

DALI

In the morning, visit **Xizhou Ancient Town** (30mins drive)—the home to the Bai ethnic minority. Watch **Three-Course Tea Ceremony** which is an unique welcome ritual of Bai.

Then, head to **Bai Tie-Dye Workshop** - one of the Intangible Cultural Heritages of China. Unlike modern tie-dye, Bai tie-dye is rooted in tradition and precision. Try to create your own Bai Tie-Dye here!

In the evening, wander around **Erhai Lake** - A stunning highland lake, known for its crystal-clear waters, surrounding mountains, and peaceful cycling paths. It's a perfect spot to enjoy nature, catch a beautiful sunset, or explore nearby villages along the shoreline. Biking option is available here.

Accommodation: Dali Wucaiyun Inn





ALTERNATIVE DAY 4 DALI

At **Mocui Tea House** halfway up Cangshan Mountain(20 mins drive), you'll enjoy a unique tea-picking and tea-making experience.

Surrounded by vast premium tea gardens, you can handpick fresh tea buds and follow professional tea masters to learn **traditional tea-making techniques**, deeply engaging in the whole process from fixing and rolling to drying.

Finally, brew and savor your own handcrafted tea, feeling the journey of tea aroma from fingertips to taste buds, and gaining a unique Dali tea culture memory with great mountain view.

Accommodation: Dali Wucaiyun Inn

available only April-early Oct





In the morning, check out of the hotel and then drive 10 minutes to visit **the Three Pagodas of Chongsheng Temple**. Built during the Tang and Song dynasties over a thousand years ago, these pagodas stand as a testament to Dali's long - standing history as the "Buddhist Kingdom". The main Qianxun Pagoda, flanked by two smaller pagodas, has witnessed centuries of cultural heritage and architectural wisdom, making it a must - visit historical site.

Then drive to Shangri-la (~4hrs)

Accommodation: Shangri-la 5th Meteorite Light Year Hotel





DAY 6 SHANGRI-LA

In the morning, drive to **Pudacuo National Park** (30 mins) . Nestled at an altitude of over 3,500 meters, this sanctuary boasts crystal-clear alpine lakes revered as holy by local Tibetans (hiking ~ 3 hours, biking is also available)

Then, visiting **Songzanlin Monastery** – known as the "Little Potala Palace," (30mins drive) Yunnan's largest Tibetan Buddhist monastery. Engage in direct conversations with lamas (Tibetan Buddhist monks), exploring their wisdom and the monastery's millennial history

In the evening, visit the **local Tibetan family**. Sip on Suoyou tea and gain insights into their cultural traditions.

Accommodation: Shangri-la 5th Meteorite Light Year Hotel



Talk to lama



Bike at
Pudacuo

DAY 7

TIGER LEAPING GORGE



Tibetan Cloth

In the morning, check out from the hotel. Wander **Dukezong Ancient Town**, a quaint Tibetan town unknown to the outside world. Dress up in **Tibetan traditional cloth** and merge with locals! (p.s. they dance together every night in the ancient town)

Then, drive to **Tiger Leaping Gorge** (~2hrs). Named by National Geographic as one of the world's top ten classic hikes, Tiger Leaping Gorge offers dramatic cliffs, roaring rapids, and close-up views of **Jade Dragon Snow Mountain**—like walking through a living gallery of natural wonders. The hiking can take about 4 hrs (6km). You will take your essential belongings with you as the luggage need to be kept in the car.

Accommodation: The mountain guesthouse at Tiger Leaping Gorge





Naxi



DAY 8

TIGER LEAPING GORGE LIJIANG OLD TOWN

In the morning, enjoy the stunning sunrise view from close to Jade Dragon Snow Mountain. Check out from the guesthouse and continue hiking for another 3.5 hrs at **Tiger Leaping Gorge**. Our driver will meet you at the final destination. Then, drive to **Lijiang Old Town** (1.5hrs), a UNESCO World Heritage Site, is a beautifully preserved ancient city with cobblestone streets, flowing canals, and traditional Naxi architecture, offering a charming blend of history, culture, and mountain views. We will visit the **Naxi family** and you can change to their traditional dress and cloth, and make organic tofu with them.

Accommodation: Lijiang Doufu Resort Hotel





DAY 9

LIJIANG

Early morning, drive to **Jade Dragon Snow Mountain** (~ 30 mins) - This snow-covered mountain rises like a silver dragon behind Lijiang. From the base, around 2,700 to 3,000 meters high, you can enjoy quiet walks, fresh air, and beautiful views of the peaks above. If you enjoy challenges, cable car is available to take you to the highest peak at 4680 meters and enjoy the purest snow view.

In the afternoon, enjoy the **Impression Lijiang Show** - Directed by renowned Chinese filmmaker Zhang Yimou, who led the 2008 Beijing Olympic opening ceremony. This outdoor show is set at 3,100 meters with Jade Dragon Snow Mountain as the stage backdrop. Featuring over **500 local performers** weaves together mountain rituals and traditional songs. It's a powerful celebration of culture and landscape—raw, emotional, and unforgettable.

Accommodation: Lijiang Doufu Resort Hotel





DAY 10

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 11

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!

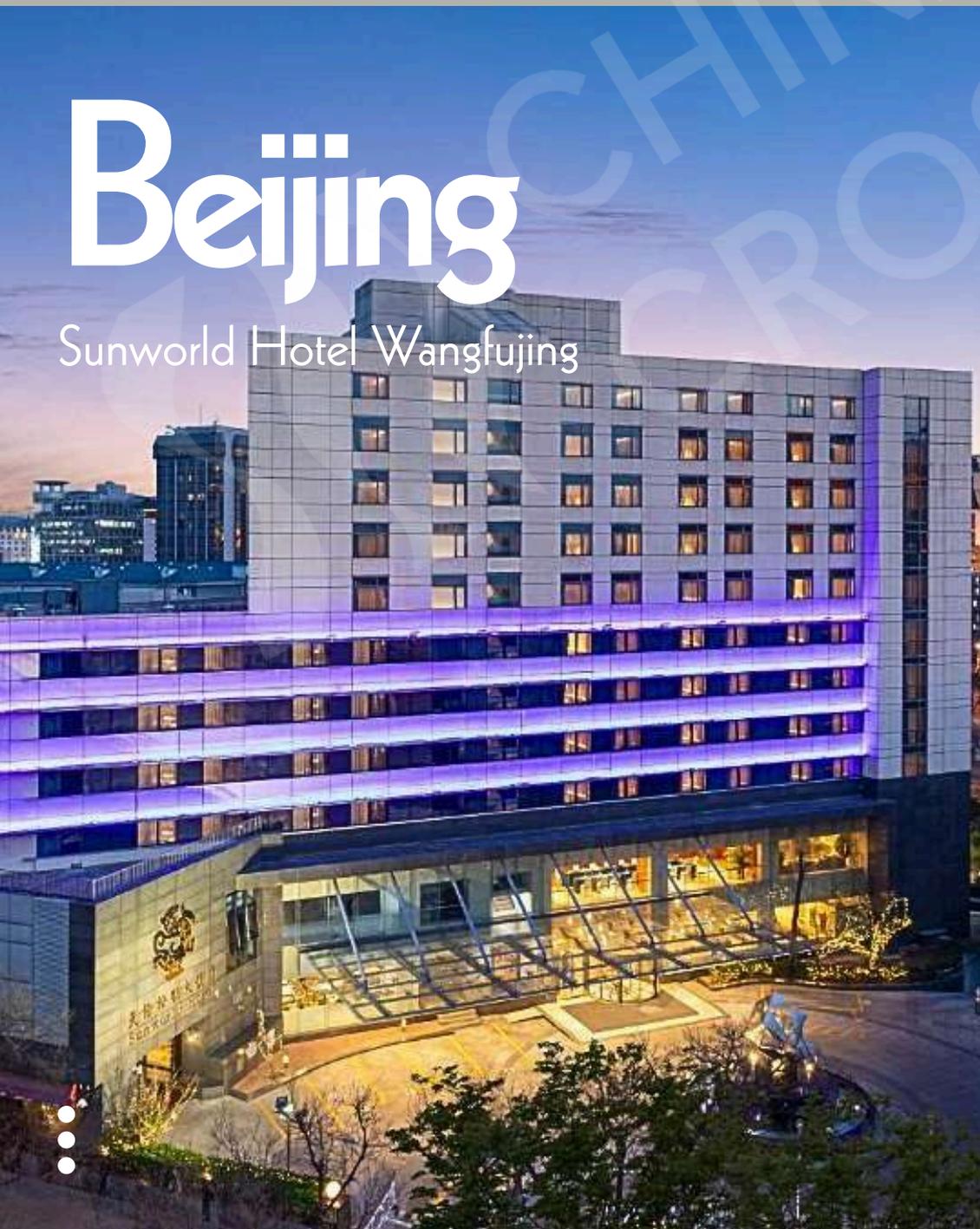


ACCOMMODATIONS:

HOTELS AND EQUIVALENT GUESTHOUSES

Accommodation is subject to availability, equivalent accommodation will be provided







Dali

Wucaiyun Inn



Tiger Leaping Gorge





Shangri-La

Shangri-la 5th Meteorite Light Year Hotel





Lijiang

Lijiang Doufu Resort Hotel





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)



Discover China with

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