



22 Days

# China

Walking Marriages and Ancient Wonders

**A WOMAN'S  
PERSPECTIVE**

From matrilineal societies and walking marriages to the effect of the one child policy and roles of women, this three week trip explores the sights of China and the lives of women in Chinese society. We visit rural ethnic groups and meet with city entrepreneurs as well as experience some of China's highlights, including The Great Wall, The Terra Cotta Army, panda breeding and some great Chinese food!



# Recommended expedition itinerary

Day  
1-2

## Arrive Beijing

Leave UK and fly to Beijing, China on an overnight flight. We are met on arrival by our Trip Leader and transferred to the hotel.

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Day  
3

## The Summer Palace

Originally a luxurious garden for royal families, the Summer Palace became the main residence for royal members towards the end of the Qing Dynasty. Today we explore this beautiful park and buildings, learning some of China's history.

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Day  
4

## The Jinshanling Great Wall, Panijayuan flea market

In the early morning, we drive directly to Jinshanling Great Wall, known for its well-maintained watch towers. We will be able to hike along the wall, enjoying stunning views of the area. After lunch, we transfer to Panjiayuan Flea Market, which covers 48,500 square meters!

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Day  
5

## Tian'anmen Square, Forbidden City, overnight train

We visit Tian'anmen Square and the Forbidden City where the emperors of Qing dynasty used to live. We continue to explore Beijing with a visit to the Temple of Heaven where the emperors worshipped and prayed for harvest in the Ming & Qing Dynasties. Tonight will be spent on our overnight train to Xi'an, an adventure in itself!

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Day  
6

## City Wall, Wild Goose Pagoda, The Great Mosque, Women's seminar

On arrival in Xi'an, we have breakfast at a local restaurant, before visiting the City Wall, Wild Goose Pagoda and the Great Mosque in the Muslim Quarter. Later we meet with local women for a seminar about life in Xi'an followed by a traditional dumpling dinner.

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Day  
7

## Tai Chi Lesson, Terra Cotta Warriors Tour, overnight train

This morning we will wake up refreshed and energized ready for a Tai Chi lesson. Afterwards, we enjoy a tour of the Terra Cotta Warriors, one of China's most famous sights! This evening we will board another overnight train for our journey to Chengdu.

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Day  
8

## Pandas and Sichuan cooking school

Chengdu, the capital of Sichuan province, is the home of the Giant Panda Breeding Research Base. We will visit the centre and learn about their struggle for survival in modern China, and the environmental issues that are affecting much of China as a whole. After lunch, we visit a local family and learn about the role that Chinese housewives traditionally follow. We have a distinctive homemade cooking class of Sichuan cuisine which will take us step-by-step through the process of preparing a traditional Sichuan meal.

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Day  
9

## Café meet, People's Park

Today we have the opportunity to meet with local women in a café to discuss the changing roles of women in Chinese society. Afterwards, we enjoy the chance to stroll around People's Park and watch the everyday activities taking place here. For supper we try a traditional, local hotpot.

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Day  
10

## Flight to Lijiang, Lugu Lake guesthouse

This morning we will take the short flight to Lijiang, in the North-West of China's Yunnan province. We transfer to Lugu Lake. This area is traditionally home to the Mosuo people who we have come to visit to learn about the history and traditions of their matrilineal society. This includes the fascinating culture of Walking Marriages.

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Day  
11

## Lugu Lake & surrounding villages

We will have the full day to explore Lugu Lake and the surrounding area whilst learning more about its history, traditions and people.

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Day  
12-14

## Lijiang, Dali, Erhai Lake, meet artists & businesswomen

Today we return to Lijiang and explore the old town which is a UNESCO World Heritage Site. Here we see how tourism has had an affect on the lives of local ethnic groups. This morning we journey to Dali to see how the Bai people are incorporating their traditions into modern life and to learn about the role women have in this minority. We will enjoy an early morning visit to Erhai Lake and hopefully see some traditional Bai fishermen at work. We also meet with local artists and business women to learn about their jobs and lives in China.

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Day  
15-16

## Flight to Guilin, Yangshuo & Moon Hill, Zhuang Village

This morning we travel to Kunming before boarding a short flight to Guilin. From here we drive for an hour to Yangshuo, a beautiful town famous for its karst peaks, rivers and laid back atmosphere. The next day we can either cycle or drive to Moon Hill, a limestone hill with a natural arch through the middle. It offers a spectacular view for those who can climb the 800 steps to the top! Afterwards we visit a local village of the Zhuang people to learn about their lifestyle.

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Day  
17-18

## Lijiang River Boat, Longji Terrace & Trek, Village Bonfire

We can enjoy a boat ride down the Lijiang River to the Longji Rice Terrace, one of the most famous (and beautiful) in China. We stay overnight here in a local village. The following day we will stretch our legs with a 4-5 hour trek to another Zhuang village, passing through the breath taking scenery in the area. This evening we have the chance to meet with more local villagers and learn traditional dances at a village bonfire.

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Day  
19-20

## Return to Guilin, Flight to Shanghai & Xitang Water Town

This morning we drive back to Guilin, exploring the Lijiang River along the way, ready for an afternoon flight to the bustling city of Shanghai. On the following day we visit Xitang, a beautiful town, criss-crossed by 9 rivers which are integrated into the town layout through canal and water lanes. We might even spot some of the areas used in filming *Mission Impossible III*.

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Day  
21-22

## Shanghai—Full day sightseeing & return flight to the UK

A full day to explore the sights of Shanghai with our Trip Leader before waving goodbye to China.

# Further information

## Look what's included!

- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local expedition leader
- Parent and student expedition launch evening
- Comprehensive pre-expedition training programme
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

## What's excluded?

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Personal spending money
- Tips for guides, drivers and porters
- Airport departure taxes paid locally
- Cancellation and personal effects insurance

## Your expedition timeline



## Physical expedition rating:



Some low level physical activities included in your trip, including walking on uneven terrain, maybe a morning/afternoon trek of two to four hours. That said, no physical preparation is required to make the most of the tour. High humidity and temperatures can occur at certain times of the year

## Culture shock rating:



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.





# A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey



## 1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

## 3 Arrange an expedition launch evening at your school

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening with opportunity for questions.



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