

(ST-021) Kunming-Zhongdian-Trekking to Lugu Lake-Lijiang-Kunming (14 Days)**Challenging Grade: 3 (moderate, involves 6-7 hours trekking per day)**

Yunnan is amazed the world by the mysterious culture of the minority and the beautiful natural scenery.

"The Lost Horizon" is the story of four Americans who survived a plane crash in the



Himalayas, only to discover the reclusive land. It was British writer James Hilton's novel "The Lost Horizon" that sparked a legend and brought fame to an unknown and almost untouched place called Shangri-La.

"Shangri-La" is a Tibetan word meaning "land of sacredness and peace".

Finally, in Sept. 1997, the government of Yunnan province declared that

Shangri-La had been discovered in Zhongdian, Diqing, a prefecture in Yunnan province. It now may be the last virgin land where one can observe cultures whose layers go back for thousands of years into the past.

Lugu Lake, the ancient and mysterious "The Female's Kingdom" composed of Mosuo People, is situated at the junction of Southwest Sichuan and Northwest Yunnan, 2,685 meters in altitude. Up to now, the Mosuo people retain the vestiges of matriarchal society. Visiting marriage represents the main marriage system of Mosuo people.

Day 1/Arrive in Kunming

Arrive in Kunming, know as "The City of Eternal Spring", which is indeed a well-known site for sightseeing and a summer resort. Transfer to the hotel, and the following time is free.

(No meal)

Accommodation: ***Camellia Hotel Kunming

Day 2/Kunming-Zhongdian (3300m)

Take a morning flight to Zhongdian, known as Shangri-La which was described as a heaven away from the turbulent mundane world in James Hilton's novel "The lost Horizon" in 1993. Shangri-La, a Tibetan word, means "land of sacredness and peace". Pay a visit to **Songzanlin Lamasery**, the largest Tibetan Buddhist Temple in Yunnan Province, and also one of the famous monasteries in the Tibetan area. The temple was made after the Potala Palace in Lhasa, hence it has another name "Second Potala Palace", a spiritual place that invites you to discover the mystery and traditions of Tibetan Buddhism. Then, you will visit a **Tibetan family** and try some home-made Yak Butter Tea and Tibetan Cheese. (B,L,D)

Accommodation: ***Pacific Rim hotel Zhongdian

Day 3/Zhongdian-Qiaotou-Middle & Lower Tiger Leaping Gorge-Heika-Daju (1800m)

Drive 96km south towards to Qiaotou Town, also called Tiger Leaping Gorge Town. Tiger Leaping Gorge is believed to be the deepest gorge in the world, lying between Jade Dragon Snow Mountain and Haba Snow Mountain.

The Upper Tiger Leaping Gorge is the narrowest and uppermost section. In the midst of the river's mouth is a large rock that is positioned at the gorge's narrowest section-only 30 meters (33 yards) wide. An ancient legend says that a tiger used this rock as its stepping stone so it could leap across from one side of the gorge to the other, which is how the gorge got its name. Drive on to Middle Tiger Leaping Gorge, dropping another 100 meters (330 feet) and its flow rate increases to an amazing speed. Here the thunderous rushing waters slam into sharp, large rocks and crash down into the river forming swirling whirlpools. Onwards to Walnut Grove and the Lower Tiger Leaping Gorge where is acclaimed for being the wildest attraction of all, driving transfer stops at Heika Village, the habitat village for Naxi People. Trek to ferry wharf, and take ferry boat to the opposite side of Jinsha River. Trek about 2 hours to Daju village. (B,L,D)



Accommodation: Snowflake Hotel

Day 4/Daju-Laru/Guole-Baoshan Stone Town (1788m)

Take local transfer bus (used by normal Chinese People) to Laru/Guole Village. Trek about 4 hours to reach Baoshan Stone Town, known as the "village on a huge rock". On a huge rock in the shape of a magic herb, several hundreds Naxi people have built their homes. Every one of the households uses stone tables, sleeps on stone beds, cooks on stone fireplaces and keeps water in stone vats, living a life as if in a fairyland. Wander around the old stone town. (B,L,D)

Accommodation: Baoshan Stone Town Hostel (public toilet and shower)

Day 5/Baoshan Stone Town-Taiziguan Pass (2499m)-Liuqing

Today's highlight is 6 hours trekking to Liuqing Village, and climb over **Taiziguan Pass** (2499m) on the way. Taiziguan Pass is located 10km north of Stone Town, whose majesty is only next to Tiger Leaping Gorge. On Taiziguan Pass, the whole Baoshan Stone Town is overlooked and Jinsha River's thunderous rushing waters are under your foot. Two tunnels built in 1960s make it easier to descend the Taiziguan Pass, and pass through the tranquil forest to Liuqing.

Accommodation: Liuqing Hostel (public toilet and shower)

Day 6/Liuqing-Fenglian (1850m)

Trek about 6 hours to reach Fenglian Village, the site of Fenglian Countryside Administration. Today's trekking is along even and downslope mountain paths, more easier than yesterday. Stay overnight in Fenglian, a small village located on the hillside.
Accommodation: Fenglian Hostel (public toilet and shower)

Day 7/Fenglian-Gewa (2650m)

Leave from Fenglian Village in the morning. Walk through the field, the village, the road, the streamside, arrive at the ferry port and take a boat cross Jinsha River. Trek 6 hours to Gewa Village and the route scattered by beautiful Mosuo ethnical villages. Gewa is a village where Han and Mosuo groups live together.
Accommodation: Gewa Hostel (public toilet and whower)

Day 8/Gewa-Zhuangzi (3500m)

Trek 6 hours to Zhuangzi, passing beautiful Mosuo villages and the virgin forest where is full of pine and oak trees. Zhuangzi village is a mixed place of residence of Yi and Mosuo Minority.
Accommodation: Zhuangzi Hostel (public toilet and shower)

Day 9/Zhuangzi-Yongning-Lugu Lake (2685m)

Trek approximate 6 hours to Yongning, hike across a virgin forest and up to the entrance of the Zhuangzi Pass (3500m), the highest point from Baoshan Stone Town to Yongning. Here, you will see the Lugu Lake from a far distance. Climb down the mountain to reach Yongning Village. After lunch, take local bus to Luoshui Village, a small village at the riverside of Lugu Lake. Lugu Lake, the ancient and mysterious "The Female's Kingdom" composed of Mosuo People, is situated at the junction of Southwest Sichuan and Northwest Yunnan, 2,685 meters in altitude. Up to now, the Mosuo people retain the vestiges of matriarchal society. (B,L,D)
Accommodation: Mosuo Folklore Garden

Day10/Lugu Lake-Lijiang (2400m)

Lugu Lake is in the shape of a horse's hoof, covering an area of 52 square kilometers. The quiet and limpid lake is the second deepest one in Yunnan. **Cruise on the beautiful Lugu Lake**, and visit Liwubi Island, and visit **Mosuo village's house**. Then, ride a bus to Lijiang, an old city in beautiful surroundings in northwest Yunnan, and the only city where the Nazi ethnic minority reside. (B,L,D)
Accommodation: ***San He Old Town Hotel Lijiang

Day11/Lijiang

After breakfast, pay a visit to **Baisha Murals** in Baisha Naxi village, an artistic Crystallization combining the Naxi, Tibetan, Bai and Han styles and **Black Dragon Pool** where is a wonderful place caters to the habitude of the Naxi who loves the nature very

much. Then, visit **Dongba Culture Museum** where exhibits of the Dongba culture of the Naxi people. The Dongba culture is a most inclusive term referring mainly to the language and scriptures. Wander around **Lijiang Old Town**, one of UNESCO's protected world Heritage Sites. It is a well-preserved old city residing Naxi Nationality. With Sifang Street at the core, the entire city spreads out in all directions, and is crisscrossed by a labyrinth of flagged streets and alleyways. (B,L,D)

Accommodation: ***San He Old Town Hotel Lijiang

Day12/Lijiang-Dali

Drive to Dali and enjoy the scenery on the way. Dali City stands against Cangshan Mountain in the west and adjoins Erhai Lake in the east, and is embraced by undulating hills around. Take a **cruise on Erhai Lake**, meaning "sea shaped like an ear". In a sunny day, the crystal waters of Erhai Lake and the snow mantled Cangshan Mount radiate with each other. Walk around the **Dali Ancient Town**, characterized by the dwelling houses of the Bai Minority, which can be dated back to the year 1382 during the Ming Dynasty (1368-1644) and rank as one of the most noted historical and cultural cities in China.

(B,L,D)

Accommodation: ***Landscape Hotel Dali

Day13/Dali-Kunming-Stone Forest-Kunming

Take a morning flight back to Kunming. Today's highlight is to visit the **Stone Forest** (Shilin). The Stone Forest is in Lunan Yi Nationality, which is about 120km from Kunming. This area offers visitors a unique landscape of stark limestone pillars twisted and sculpted by wind and water erosion some 270 million year ago. From a distance, these stone pillars look indeed like a dense forest; hence the name of Stone Forest. It covers an area of 350 square kilometers, yet only about 11.92 square kilometers have been developed as scenic landscape open to the public. Then, drive back to Kunming. (B,L,D)

Accommodation: ***Camellia Hotel Kunming

Day14/Depart from Kunming

Transfer to the airport and prepare for boarding on the flight. TOUR ENDS! (B)