

**(ST-022) Kunming-Lijiang-Trekking Tiger Leaping Gorge to Haba Snow Mountain to White Water Terrace-Zhongdian-Kunming (9 Days)**

**Challenging Grade: 2 (mild to moderate, involves 4-5 hours trekking per day)**



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

Tiger Leaping Gorge is believed to be the deepest gorge in the world, lying between Jade Dragon Snow Mountain and Haba Snow Mountain. Haba Snow Mountain's main peak is 5396m above sea level, capped with snow all year around. The attraction is attributed to the towering peaks and its alpine lake, endless tracks of azalea flowers, cluster of waterfalls cascading down snow-covered cliffs, and rich animal resources. Haba is an interesting township beneath the Haba Snow Mountain. It is primarily of interest to hikers and those who enjoy exploring remote and more traditional villages.

Shangri-La was described as a heaven away from the turbulent mundane world in James Hilton's novel "The lost Horizon" in 1933 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.

**Day 1/Arrive in Kunming**

Arrive in Kunming, known as "The City of Eternal Spring". Transfer to the hotel. The following time is free. (D)

Accommodation: \*\*\*Camellia Hotel Kunming

**Day 2/Kunming-Stone Forest-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. Walk around the **Flower and Bird Market** at Jingming Street, where is an interesting places either for a leisurely stroll or to purchase some lovely things. (D)

Accommodation: \*\*\*Camellia Hotel Kunming

### **Day 3/Kunming-Lijiang**

Take a morning flight to Lijiang, an old city in beautiful surroundings in northwest Yunnan, and the only city where the Naxi ethnic minority reside. Visit **Baisha Village** and a **local Naxi family**, view **Baisha Murals** in Baisha Naxi village, an artistic Crystallization combining the Naxi, Tibetan, Bai and Han styles. Then, visit the **Former Residence of Joseph Rock**, an Austria-American botanist and explorer lived in Yuhu Village and other places in that region from 1922 to 1949. It opened to tourist as "Exhibition Hall for Former Residence of Dr. J.F. Rock", exhibiting the photos taken by Rock, and many other things that Rock left in Lijiang. The following time is free to walk 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)

Lijiang: \*\*\*San He Old Town Hotel Lijiang

### **Day 4/Lijiang-Qiaotou-Bendiwan of Tiger Leaping Gorge (2410m)**

After breakfast, take an overland drive of 100km (about 2 hours) along Yunnan-Tibet Road to Qiaotou Village (1850m), or the Upper Tiger Leaping Gorge. From Qiaotou Village, drive 6km along the gorge road to a small village, where driver and vehicle will leave and our guide will go with you to start the trekking up to Haba Snow Mountain (1 hour to Zhong Luo Yu Village at 2250m, another 1.5 hours to "24 Bends" at 2650m, another 1.5 hours to "Two Families" at 2320m, and 2 hours to Bendiwan at 2410m. The total trekking distance is around 15 kilometers). (B,L,D)

Accommodation: Halfway Guesthouse (private shower)

### **Day 5/Bendiwan-Tina's Guesthouse**

After breakfast, continue your trekking from Bendiwan to the Walnut Grove (1.5 hours from Bendiwan to Da Shen Gou at 2060m, [another 1 hour to the Middle Tiger Leaping Gorge at 1700m, and take another 1.5 hours back to Tina's Guesthouse.](#) **Note: the blue part is optional tour.** (B,L,D)

Accommodation: Tina's Guesthouse (private shower)

### **Day 6/Tina's Guesthouse-Trekking to Haba Village**

In the morning, drive 1 hour to a small village to start our trekking. Trek 5 hours to Haba Village, an interesting township beneath the Haba Snow Mountain. The local minorities

include Naxi, Hui (Muslim) and Yi peoples, as well as the odd Tibetan. It is a beautiful hiking around the Haba Snow Mountain. (B,L,D)

Accommodation: Haba Snow Sea Guesthouse (private shower)

### **Day 7/Haba Village-Zhongdian (Shangri-La)**

After breakfast, drive about 45 minutes to Wa Shua Ping Zi village. Then, start today's 4-5 hours trekking to Sanba Village.

First visit the **White Water Terrace (Baishuitai)** where the Naxi Culture originated and it is now the holy place for Naxi ceremonies. It is located 101km northwest of Zhongdian County, 140 meters in length and 160 meters in width. After lunch, drive 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. (B,L,D)



Accommodation: \*\*\*Pacific Rim Hotel Zhongdian

### **Day 8/Zhongdian**

Zhongdian is the gateway to Tibet. Explore real Tibetan culture in this mountainous region. Visit a Tibetan village. Then, visit Shudu Lake, a nature preserve with wonderful birdlife. Also visit **Songzanlin Lamasery**, the largest Tibetan Buddhist Temple in Yunnan Province. The temple was made after the Potala Palace in Lhasa, hence it has another name "Second Potala Palace", living more than 800 monks and 3 living Buddha. (B,L,D)

Accommodation: \*\*\*Pacific Rim Hotel Zhongdian

### **Day 9/Zhongdian-Kunming-Home**

Take a morning flight to Kunming and connect with your homebound flight (no transfer service in Kunming). TOUR ENDS! (B)