



FLY and BIKE
internationaal gezelschap

14 Days/13 Nights
Departure Dates:

2010

28 March – 10 April

23 May – 5 June

12 Sept – 25 Sept

10 Oct – 23 Oct

If these dates don't suit your travel schedule, please **contact us** to talk about operating a private tour or customizing a tour for you or your group.

Prices

USD 1995 Tour

USD 170 Fiets

€ 350 Single Supplement

De prijzen in Euro vindt u op de website www.flyandbike.be

Yunnan Discovery

Many travelers are surprised when they visit China and find a country full of optimistic and energetic people. The amount of social and economic upheaval the country has experienced over the last century would lead many to believe the opposite to be true. However, it is not the case.

Despite all that the Chinese have gone through, they remain excited about the prospects of modernization and of their future. The country is as rich and diverse as it is big. China is home to over 56 ethnic minorities and it encompasses an area of 9.5 million sq km. Sitting towards the southern part of China is Yunnan, which shares the same border with Burma, Laos, and Vietnam.

This location is noted for its fascinating history, vibrant capital city, beautiful landscapes, breathtaking sceneries, unbeaten trails, historical influences, ancient architecture and monuments, a diversified culture, and ethnic tribes with their colorful costumes and the sensation of serenity that engulfs the senses of every single visitor that sets foot in this part of China.

Discover the historical cities of Lijiang and Dali. The spectacular landscapes that surround these cities are in a class of their own. The old towns found inside the cities, like the Ancient Dayan Town in Lijiang and the Dali Old City, will take you back in time.

The old houses, ancient buildings, and cobbled streets create intrigue as you realize how people once lived in those olden days ... a simple life, undisrupted by the troubles of the outside world.

Kunming, the capital city of Yunnan on the other hand, is a vibrant and growing city, with the all technologies and architecture of a modern city. Don't let the modernity of the city fool you, as within the city, there are also historical buildings and cultural influences that makes this capital city special in its very own way. The Shi Lin stone forests will leave you in complete awe.



Trip Profile

There is seldom a dull moment on this trip as it goes through a good diversity of scenic environments from snow capped mountains to green forests and a variety of ethnic villages.

The riding is a real mixture as some days are short but have hill climbs, and others are longer, flat and fast, but they are all filled with jaw-dropping scenery. Add in a great deal of ethnic diversity and you have the recipe for a wonderful tour for enthusiastic cyclists.

The total distance is just less than 660 kilometers in nine days of riding. The first few days of the tour are spent acclimating to the altitude and environment.

Most of the days are packed with cultural experiences and scenic delights. Make sure that you bring your camera, as you are sure to want to record your experiences. The people, lack of tourists, geography, history, and mouth-watering food are going to make leaving this area difficult.

Suitability: This trip is a 4 chili tour, which means you can expect a few tough rides. There are many climbs - but they are all on paved roads so a smooth steady climb is possible. Being physically fit will of course be a huge asset but as the tour is fully supported the van journey to provide elected transfers if a cyclist desires it.

Biking Conditions: This bike tour is mainly on smooth paved roads but there are also some small off road sections but nothing technical. There are some tough climbs in high altitudes with fast descents. It gets fairly cold up among the clouds, so make sure you bring some warm cycling clothes. Riders should have a moderate level of cycling experience and be in good physical condition because of the altitudes involved with the tour.

Biking Difficulty



(out of five)

Good quality tarmac roads with some long days and hills. No technical experience required.

Day to Day

B= Breakfast L= Lunch D=Dinner

Day 1 – Arrive Lijiang

This tour will start in Lijiang where you'll be met at the airport. Lijiang is an ancient Naxi town in northwestern Yunnan, with a history dating back over 800 years. We stay at a family run hotel in the old city and in the evening we have dinner to welcome you all. You may also enjoy an optional performance of the Naxi Orchestra in the evening, or decide to enjoy yourself at one of its lively bars. This day also serves to allow altitude acclimation.

Hexi Hotel. D

Day 2 – Baisha Town Ride

We ride north out of Lijiang and soon hit the quiet back roads that take us to Baisha, a small Naxi town that is very photogenic and is a good spot to sample some ginger tea. After a moderate climb we reach the Yu Feng Monastery, a place worth visiting for the views out over the flat plains that surround Lijiang. After the temple we head down the hill on the other side and cruise back into Lijiang in time for lunch. Dinner is on your own tonight.

Hexi Hotel. Ride 45 km. B L



Cycling Distance

660 kilometers

Cycling Days

9 full, 1 half

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We have carefully chosen accommodation that is the best available for the location and offer a good mix, from home stays to luxurious lodges, on our tours.

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We love Asian cuisine, well-known for being hot and spicy and for its use of fresh ingredients, and will make sure you get to sample lots of it.

Day 3 – Lijiang to Tiger Leaping Gorge

We transfer to the edge of the national park and start the ride through one of the deepest and most dramatic gorges in the world, rising 3900m from the river to the snow capped peaks. Few rides can match the magnificent scenery and sense of adventure when cycling through the famous Tiger Leaping Gorge of the Yangtze River. The first half of this ride has two long climbs to get to our high point of the day at 3260m. From here we enjoy a spectacular 30 km downhill to Daju (1780m), this is a fantastic stretch with some great views. After a late lunch stop it is only a short ride to where we hike down to the river, cross in a small ferry (with the bikes) and then climb out of the gorge for 2 km. We then have the option of riding the 14km to our guesthouse.

Chateau De Woody Guesthouse. Ride 76km or 90km. B L D

Day 4 – Walnut Grove Rest Day

We will have a free day in Tiger Leaping Gorge to rest your legs and take in the breathtaking scenery. For the energetic there is the option of taking a hike to the bottom of the gorge following small dirt paths along its dramatic cliff edges. Otherwise, just sit back and be mesmerized by the sheer natural beauty of this remarkable natural wonder.

Chateau De Woody Guesthouse. B

Day 5 – Walnut Grove - Bai Shui Tai

Cycle out along the spectacular gorge road which is literally carved into the side of the mountain. The first 10 km is downhill to the small village of Heika and from here we start to climb on a nice gradient for 23km. After there is of course a great descent into the Naxi village of Haba where we have lunch with a view of the snow capped mountains. After lunch there are more ups and downs and a final push up to our comfortable hotel.

Bai Yu Yunnan Hotel. Ride 70km. B L D

Day 6 – Bai Shui Tai - Zhongdian

There are many options today, as it is 100 km of some very tough riding to reach Zhongdian. We recommend transferring the first few passes to start with a downhill. The scenery is quite breathtaking as we pass through alpine and rhododendron forests to the snow line – we also notice a change in culture as we move more into an area mostly populated by Tibetan people. After the descent we have a climb gaining 600 m in height and the highest point on the tour at 3735 m. We then have another exhilarating descent before a final short climb takes us into the flat grassland plain of a Tibetan valley. The final stretch to Shangri-La is a great ride as we see a marked change in scenery and culture. Our hotel is right in the old town near the square and is a great place to explore Zhongdian.

Nanka Hotel. Ride 60km. B L D

Day 7 – Zhongdian Rest Day

We spend the day in Zhongdian, the capital of the Dechen Tibetan Autonomous Prefecture. It is located in the southernmost part of Kham, or East Tibet, traditional land of the tall, turbaned Khampa horsemen. Today, Zhongdian is principally a Tibetan township but has Han Chinese people as well as a smattering of Bai, Hui, and Naxi minorities. Historically, the town was a trading center between Tibet, Burma, and India, where once mule caravans made journeys to conduct commerce between the regions.

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Tiger Leaping gorge is believed to be the deepest gorge in the world. At its narrowest section it is only 30 meters wide and it is from this point where according to an ancient legend a tiger used a rock as its stepping stone so it could leap across from one side of the gorge to the other.

One of the major trade items was “brick tea” from Yunnan, in demand by Tibetan nomads and farmers. We visit the spectacular Ganden Sumsanling Monastery, built at the instruction of the 5th Dalai Lama in the 17th century, where more than 800 monks now live and practice. It is picturesquely located on top of a hill and its style very much recalls that of the Potala Palace in Lhasa. You can also take a walk around the hill and enjoy beautiful views of the Zhongdian valley.

Nanka Hotel. B

Day 8 – Zhongdian - Stone Drum Town

The start of today’s ride to Lesser Zhongdian is relatively flat through the grasslands and over small hills. A long but steady ascent will take us to a pass before a spectacular 40 km descent to Qiaotou. After the descent, we’ll be taken by the vehicle down the river to what is known as the ‘first bend’ of the Yangtze since leaving Tibet. This is a popular spot for the locals to sell fruit and other local produce. We overnight at the ancient town of Shigu.

Stone Drum Town Shi Hong Hotel. Ride 100 km. B L D

Day 9 – Stone Drum Town to Shaxi Village

Another memorable day that will take us into the heart of rural Yunnan as we ride along the ‘Old Tibet’ road past tranquil scenes of mud brick villages, bamboo groves, rivers, and paddy fields. After a gentle long climb we have some relatively flat enjoyable riding. A downhill (check that your brakes are working) through rural scenery takes us to Shaxi. (2075 m). You really sense a feeling of timelessness, as the way of life here has remained unchanged for centuries. Stay at a local wonderfully restored hotel.

Lao Mandian Hotel. Ride 90km. B L D

Day 10 – Shaxi Village Rest Day

Today is a rest day in this interesting little town. This old town nestled in a valley is a perfect place to explore the surrounding villages and countryside.

Lao Mandian Hotel. B

Day 11 Shaxi to Er Yuan

We start the day with a transfer back to the main road and for a nice gentle start of the day. It’s flat, easy riding before we start the climb out of the valley. At the top our quadriceps are rewarded with a good rest and an inspiring panoramic view at the top. There is an exhilarating downhill on the other side as we enter the mouth of the valley that leads to Dali. We end the day in Er Yuan where we can soothe our sore muscles in the famous hot springs.

Er Yuan Hot Springs Hotel. Ride 60 km. B L D

Day 12 Er Yuan Hot Springs - Dali

This morning is the last riding day as we head to the historical town of Dali (1900 m). Cycling along a flat paved road between the towering Canshan Mountain range and Er Hai Lake, we should arrive in Old Dali in time for a late lunch. This fascinating town is home to the Bai people, one of the nation’s largest minorities and once the centre of the powerful 8th-century Nanzhao Kingdom. Dali is an extraordinary town to explore with its gated city walls, bustling old streets and lakeside setting. In the 16th Century, Dali was an important gateway for cultural exchange and trading with Southeast Asian countries. Today, it is a melting pot of different ethnic groups, reflected aptly in its amazing architecture, cobbled streets and colorful markets.

Landscape Hotel. Ride 55 km. B L D

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Day 13 - Dali to Kunming

We take a bus back to Kunming (4-5 hours) and overnight there. Rest of the day is free to explore the city before we meet again to have a farewell meal together.

New Era Hotel. B L D

Day 14 – Onward Travel

Day free until onward flight.

B

Nuts & Bolts

Bikes: Rental bikes included in the price. The bikes are well-known makes of Hybrid or Mountain bikes (depending on the tour) with lightweight alloy frames, 24- to 27-speed gearing, v-brakes and Shimano components and front suspension.

Safety: Wearing a helmet is strongly recommended on all our biking adventures and if you choose not to wear one you will be asked to sign a liability waiver. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Support: We will be supported by air-conditioned vehicles that have been specially modified for cycle tours. The vehicles follow us the whole time and are always available for tired cyclists. It is very easy to get bikes on and off, so you can rest when you are tired and cycle whenever you feel like it.

Guides: You will be led by a local English-speaking tour leader and if the group is 8 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

The Nitty Gritty

Arriving and Departing: This tour begins in Lijiang and ends in Kunming. International and domestic flights to and from the start and finish points are not included in the tour price. If you need help or advice arranging flights please contact us.

Passports and Visas: All nationalities are required to possess a valid passport. An entry visa is required to enter the PRC. Most travelers will seek a **type L visa**, stemming from the Chinese word: *luxing* (travel). This letter is stamped directly onto the visa. Visas are easily obtainable from most Chinese embassies or consulates abroad and issued within 3 to 5 days from application. Express visas are available for an additional fee. If you are applying for a visa by mail, it can take 3 to 4 weeks for approval. Most nationalities qualify for a 30 day visa which is activated on your first day in China, and must be used within 3 months of its issuance. There are also 60 and 90 day visas available. The 90 day visas were once difficult to get but are now more easily obtainable.

Subject to Change

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In remote destinations abnormal conditions can prevail at any time, and all adventurous holidays can therefore be subject to unexpected change and we will do our best to adhere to the original itinerary and cannot be held responsible for any last minute changes; in order to enjoy them you should be prepared to be flexible when necessary.

A Chinese visa covers virtually the entire country with the exception of some restricted areas and Tibet.

Health: Recommended vaccinations include: Adult diphtheria and tetanus, Hepatitis A and B, Measles, mumps and rubella, Typhoid, Varicella, Influenza, Japanese B encephalitis, Pneumonia, Rabies, and Tuberculosis. If you are arriving from a country infected with Yellow Fever, a certificate is required within six days. Please speak to your doctor for the most up to date information.

Weather: Yunnan is well known for its mild climate year-round. In fact, its name translates to: "south of the clouds." Despite having a mild climate – extremes can be found depending on the geography. There are temperate, tropical, and frigid regions; the northwestern area around Dequin and Zhongdian are typically cold and frozen. Winter can reach lows of -12c and summer peak temperatures are around 19c. In contrast, areas around Jinghong, have summer temperatures around 33c. But Dali has ideal temperatures year-round where winter never drops below 4c and summer doesn't climb above 25c.

Food: Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are some variety of traditional Chinese dishes. The staple of any meal in China is either rice or noodles, and most meals will include these. Chinese cuisine is world famous and we make sure our meals allow you to sample as much variety as possible. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink: Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit and soft drinks are included in the tour price. Beer is freely available everywhere in Vietnam, but is NOT included in the price.

Extra Expenses: We recommend that you tuck away a few extra dollars, perhaps US\$10, for incidentals.

Money: Renminbi can be exchanged for foreign currency or travelers checks at border crossings, international airports, branches of the Bank of China, tourist hotels and some large department stores. The official rate is given almost everywhere and the exchange charge is standardized, so there is little need to shop around for the best deal. ATMs are common in all sizable towns and cities and you can use Visa, MasterCard, Cirrus, Maestro, Plus and American Express (AmEx) to withdraw cash but there is a maximum daily withdrawal amount.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Where differences exist in the information between this and previous information, this document is the correct version and supersedes the brochure or website.

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