



Detailed Trip Notes

Backroads to Yangshou

Trip Duration - 12 Days

Grade - Moderate

Activity - 7 days moderate cycle touring (plus optional days cycling), day walks

Accommodation - 11 nights hotel

Welcome to World Expeditions

Thank you for enquiring about our Backroads to Yangshou trip. At World Expeditions we are passionate about off the beaten track travel as it provides our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are also committed to making sure that our range of unique itineraries are well researched, affordable & manicured for the enjoyment of our small groups – philosophies that have been at our core since 1975 when we began operating adventure holidays. Each of our adventures is accompanied by an expert guide and a local crew – people who are dedicated to providing you with the very best travel experience, who have incredible local knowledge and who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience!

The Trip

Riding a bicycle through the scenic countryside of Southern China is a must if you would like a close-up view of the real China. You will be interacting with locals as they set out for the rice paddies, factories, schools or nearby markets. World Expeditions has been operating cycle touring in China since the mid 1980's (we were the pioneers) and we continue to enhance our itinerary. In southern China we cycle through remote villages stopping to visit minority peoples, monasteries and temples as we pass. Horse drawn carts, clattering tractors, bicycles, pedestrians and a multitude of geese, ducks, cows, dogs and buffalo are on the march in this extraordinary region.

Why travel with World Expeditions?

Our bicycles, support vehicles and guides are the best available and to ensure the smooth operation of all trips, our partners in China continually work with us to improve our itineraries to ensure we are taking the 'paths less travelled'. The rapidly developing and ever changing face of China makes this an ongoing challenge.

Trip Highlights

- **Cycling** through **rural villages** in southern China
- Travelling amongst bamboo forests, rice paddy fields and quintessential **Chinese landscapes**
- **Visiting minority villages** of the Yao people
- **Cycling** through vast limestone pinnacles near the colourful town of **Yangshuo**

Backroads to Yangshou Itinerary At A Glance

Day 1	Join Guangzhou
Day 2	Cycle to Zhaoqing (60km)
Day 3	Cycle around Zhaoqing
Day 4	Cycle to Qing Yuan (80km)
Day 5	Cycle to Jiu Long (70km)
Day 6	Cycle to Yangshan (95km)
Day 7	Cycle to Lianshan (80km)
Day 8	Cycle to Zhongshan (65km)
Day 9	Cycle to Yangshuo (up to 100km)
Day 10/11	Around Yangshuo
Day 12	Trip concludes.

Please note all cycling distances are approximations only and may change slightly depending on local cycling conditions on the day.

Backroads to Yangshou Trip Inclusions

- All accommodation in China on a twin-share basis.
- All meals in China.
- All group ground transport
- Airport Transfers on Day 1 and Day 12 (if on group flights)
- Use of bicycle.
- Services of a local tour leader

World Expeditions does not ask its travellers for “local payments”, as this growing practice amongst travel companies is seen as a method of avoiding local taxes and transferring the cost and risk of cash handling to the travellers.

Backroads to Yangshou Trip Exclusions

- International Airfares
- Flight from Guilin
- Visa for China
- Travel Insurance
- Items of a personal nature such as laundry and postage
- Alcoholic beverages
- Additional transport required due to any emergency situation

Fast Facts

- Visas are required for all nationalities visiting China
- There are no statutory vaccination requirements for China, however you should consult your physician prior to travel for current information
- World Expeditions have been operating cycling trips in China since the mid 1980's.
- Our groups operate for a minimum of 6 and a maximum of 16 people
- Private group options are available ask us for details
- A single supplement is available please ask us for current costs
- This adventure appears in our Active Adventures brochure.
- This tour is escorted by one of our experienced local Chinese leaders

- You are required to supply your own bike helmet on this trip (a comprehensive gear list is provided in the pre-departure information provided on booking).
- A support vehicle is available on all cycling days

Backroads to Yangshou Detailed Itinerary

DAY 1 ARRIVE IN GUANGZHOU

If you are arriving on the group flight you will be met and transferred to the group hotel. Please look for the WORLD EXPEDITION welcome sign in the arrivals hall. The remainder of the day is at leisure to explore Guangzhou before we meet in the evening for a trip briefing with the group leader and cycling crew.

DAY 2 TO ZHAOQING Approx: 60km cycling

This morning we transfer by coach out of hectic streets of Guangzhou to begin our cycle in Sanshui. We cycle for the rest of the day with ample opportunity for breaks before arriving in Zhaoqing. Throughout the entire trip there will always be the backup support of a vehicle, so for those times when you are feeling a little lethargic, or where road conditions make it difficult to cycle, you may ride in the mini bus.

DAY 3 IN ZHAOQING Approx: 20km cycling

We enjoy a city tour of Zhaoqing visiting a kindergarten, where if we are lucky there may be a performance by the youngsters. We continue to the nature reserve of Mt Dinghu. We will have the opportunity to visit a 300 year old Buddhist monastery on the mountain, where we will have a vegetarian feast for lunch, before returning to Zhaoqing for the evening.

DAY 4 TO SI HUI, CYCLE TO QING YUAN Approx. 80km cycle

We begin the day with a drive out of Zhaoqing to the small town of Si Hui, where we begin our cycling. We cycle to Qing Yuan, through classic rural China. The road weaves past high bamboo forests and small villages, the ubiquitous rice paddy fields and vegetable gardens. The second part of the day will be on country highway.

DAY 5 CYCLE TO JIU LONG

Approx. 70km cycle

From Qing Yuan we drive out of town before cycling approximately 10 km to Jiu Long. The countryside in this area is stunning with limestone karst mountains towering over fields and villages. From Jiu Long we venture on a beautiful ride around Guan Yin Crag and back to Liu Long to complete an exhilarating day of cycling!

DAY 6 CYCLE TO YANGSHAN

Approx. 95km cycle

We spend the day cycling on remote backroads to Yangshan through some of the regions most sublime karst scenery- the kind that has kept Chinese poets and painters inspired for centuries! The terrain is undulating with a few hills amongst a spectacular rural landscape.

DAY 7 CYCLE TO LIANSHAN

Approx. 80km cycle

We cycle 80 km to Lianshan through Yao (a minority group in China) territory, we will have plenty of time to wander through the local markets and observe the Yao people who are set apart from the rest of the population by their culture, traditions and distinctive facial features. The Yao minority still live very traditional lives, relatively untouched by Western influences. The cycling is relatively easy but does wind through mountainous terrain. The road fluctuates between paved and dirt surfaces until we arrive at the base of three significant hills, which are usually not tackled by bike. Over these mountains is where we encounter stunning scenery as we cycle through pristine countryside. We will drive a short distance in the middle of the day as not to miss the last section of terraced rice paddies, small villages and local people go about their daily life with lush undulating mountains setting the perfect backdrop to this spectacular day.

DAY 8 CYCLE TO ZHONGSHAN

Approx. 65km cycle

After a short drive we enjoy a beautiful smooth days riding on well paved roads soaking in the relaxed ambience of rural China as people go about their every day lives around us. We arrive in town of Zhongshan, which like many of the small towns we visit on our cycling days are fascinating not so much for their tourist attraction but for the fact that there are likely to be no tourists at all!

DAY 9 CYCLE TO YANGSHUO

Approx. 100km cycle

Yangshuo is an idyllic town set amidst limestone pinnacles and rice paddies. The surrounding region is very beautiful, spotted with small villages and imposing karst rock formations. The town itself has fantastic shopping and restaurants, and a fun social vibe! The cycle route to Yangshuo is along undulating roads and will take us most of the day from Zhongshan.

DAY 10 VISIT MOONHILL IN YANGSHUO

Approx. 30km cycle

In the morning we will set off on our bikes to Moon Hill, located a short distance from town. We will spend some time walking on the top of the hill to gain a bird's eye view of the beautiful surrounding area. From here we will walk downhill, back to our bikes and continue riding in a loop on Moon Hill road through the countryside of rice paddy fields, returning back to Yangshuo by lunchtime. After lunch in Yangshuo, we will drive 2 km out of town to come to the Li River, where we board a small boat and cruise downstream to Fu Li town (approximately 2 hours). On arrival at Fu Li town we walk around before driving back to Yangshuo by late afternoon. In the evening we can take another boat ride to watch cormorants catching fish in local fishing villages.

DAY 11 CYCLE TO BAISHA, OVERNIGHT IN YANGSHOU

Approx. 60km cycle

We will cycle from our hotel to Jin Bao, along a very beautiful but basic country road. From Jin Bao we will continue to bike to Baisha, where we will stop to have a picnic lunch before returning to Yangshuo.

DAY 12 IN YANGSHOU, TRIP CONCLUDES

After breakfast our trip concludes. Transfers can be organised to the nearest airport in Guilin.

Note: This itinerary is subject to change due to weather conditions and circumstances beyond our control. It should be used as a guide only.

A Typical Cycling Day & Trip Organisation

This itinerary allows for 7 days of cycling and a maximum of 550 kms, plus optional cycling opportunities on in Zhaoqing and Yangshuo. Average daily distances are approximately 70kms (with a maximum of about 100 km in one day) but there is plenty of scope to cycle more or less, depending on your fitness level.

We also stress that the Guangdong Province is changing rapidly in terms of economic and industrial development and it is necessary for us to make amendments to counteract these changes. This in turn can alter the itinerary so the above day-to-day plan should be seen as a guide only.

In Guangzhou your Chinese leader will meet the group on day 1. The following day you will become acquainted with the bicycles - it may take an hour or two for everyone to adjust the seats and handle bars and generally prepare for the ride ahead.

We usually cycle between 3-4 hours before stopping for a relaxing lunch at a restaurant or a picnic spot along the way. The distances may vary depending upon the exact itinerary and hotels involved but longer distances, rough or uphill sections may be covered by putting the bicycles on the follow-up truck and the group boarding the minibus. Since the truck always follows the last cyclist, any passenger who tires of riding may stop the truck, put their bicycle on board and then ride on the truck until it meets up with the minibus. The two vehicles 'leap frog' as the minibus drives ahead of the group, stops, waits for the group and the follow-up truck to pass and then drives a short way ahead of the group again and so on.

To assure your safety and to allow you the most scenic sections of the route to cycle along, we will drive small sections of the route on a daily basis to avoid heavy traffic or unsafe cycling conditions.

The exact amount of cycling may also vary depending upon the ability of everyone in the group. Be assured that this is a holiday and not a marathon event! Both keen and casual cyclists

are well catered for on the trip, as the group tends to spread out so that both the "cruisers" and the more racy types can progress at their own speed. There is NO performance pressure to "keep up" with the rest of the group and you may stop cycling when it suits you. The emphasis is on seeing China and not training for the next Olympics.

World Expeditions has taken people from 12 to 78 years old cycling in China and all have managed extremely well. All luggage is carried in the minibus and it is available at any time if you want to "hang up your cycling gloves" for a while.

We usually cycle for another 2-3 hours after lunch and reach our destination no later than 5 p.m. The late afternoons are a good time to attend to any minor bike repairs or just relax before dinner.

The Bicycles

The bicycles used on this program are U.S. design Diamond Backs 21 speed, steel frame, mountain bikes. They are equipped with hand brakes. As there is a rack on the back of the bicycle (but no spring clip), it is possible to attach a pannier over the rear wheels if you bring one. Otherwise you should bring elastic straps to attach your daypack. The bikes are supplied with a bike water bottle rack. Sets of basic tools are aboard the follow-up truck and your trip leader will assist with any difficulties. There are a few smaller women's bicycles available and these can be reserved for shorter group members, however we must be advised of your height well in advance of your departure.

***For safety reasons, we also insist that cycle helmets be included as a compulsory item on your equipment list.**

CAN I TAKE MY OWN BIKE?

Chinese Customs now forbid foreign tourists to bring their own bicycles into China without special permits. The application to the Security Bureau for these permits is a tedious and time consuming and we therefore recommend passengers do not bring their own bicycles.

Trip Grading

Our Backroads to Yangshou trip is rated moderate and therefore requires a good level of fitness. Cycling experience is also required. In preparation for your trip you should be doing at least one hour of good cardiovascular exercise, 3-5 times per week for approximately 3 months prior to your trip. Cycling should also form part of your training. Remember the fitter you are the more enjoyable your experience will be.

Country Information China

China never fails to conjure up a myriad of feelings, images and a sense of mystery. Its history cannot be summed up here in a few paragraphs and to fully appreciate the currents that have shaped the country and its people, you must take the time to read at least one of the many excellent books available.

Within the almost four million square miles of China's vast territory live more than 1.3 billion people, which makes it the most populated nation on earth. For centuries, outsiders have yearned to visit China and it's only since 1976 that tourism really started. Initially, foreign visitors were only allowed to see a fraction of what the country had to offer, however, today it is possible to visit as many as 60 different areas. An increasing number of historical sites are also being restored and opened up to viewing for foreign tourists.

As much as China is keen to display its stunning scenery, historical sites and impressive cities, it is also dedicated to conveying something about how its society works. Although its political system has set it apart from the west, China is now moving forward in leaps and bounds, especially in the areas of trade and commerce. The major cities are indicative of the burgeoning economy of modern China.

Climate

China experiences a rather broad temperature range throughout the year. In late summer, early autumn trips (August to September) expect warm to hot days with temperatures up to 25-30°C (78-87F) and a slight chance of rain. During October the days are mild and dry, from 15-20°C (60-69F), and nights are cooler. In late October there is increasingly a cooler (but not cold) westerly wind

which lowers temperatures, particularly at night. The days, however, remain mild.

Guangdong and Guangxi Provinces, where we cycle, are China's most southerly province and experiences a rather broad temperature range throughout the year. On summer trips (Jun to Oct) expect hot, humid days with temperatures up to 33°C (91F) and some rain is likely - although daytime temperatures in the hills further north in Guangdong Province should be milder. Some rain is also possible at this time. On winter trips (Nov-Feb) there will be quite cool days of 12-15°C (54-60F) and cold nights - upon occasions night temperatures can fall to below freezing in the north of Guangdong.

We suggest you pack a waterproof jacket with hood for all departures.

Responsible Travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence.

World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our *Responsible Travel Guidebook*. This detailed guide to responsible & sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website [<< Click Here >>](#)

Slide Shows

World Expeditions invites you to attend our inspiring adventure travel slide shows. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers.

Ask our staff for a slide show schedule or register on our website. Make sure you are in the relevant version of the web site by using the region selector at the bottom of the site. Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

Subscribe To Our E_News

To keep up to date with our new and exciting adventure opportunities, special promotions and

adventure news, subscribe to our monthly e-newsletter. You can do this on line through our website, [<< Click Here >>](#) or contact our office.

Adventure Travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant of travel agent.

How do I book?

To book a World Expeditions trip, you will need to complete a booking form which is found at the back of our brochure or can be downloaded from our website [<< Click Here >>](#) . On completion, fax or post the form to your nearest **World Expeditions office** along with your non-refundable deposit. World Expeditions has access to competitive airfares and travel insurance and has considerable experience in booking flights to **China**. Call your nearest office or travel agent for details.

Important Note:

These trip notes represent the most current information available for this itinerary, and supersede any information detailed in the current brochure, including but not limited to the itinerary and price.

IF YOU REQUIRE ANY FURTHER INFORMATION REGARDING THIS OR ANY OTHER ADVENTURE, PLEASE CONTACT YOUR NEAREST WORLD EXPEDITIONS OFFICE.

MP02/07, GS 02/08 MK 01/09/08
©Australian World Expeditions Pty Limited