

Shanghai to Hong Kong: Bustling Cities & Mind-Blowing Views - ACSH

9 days: Shanghai to Hong Kong

What's Included

- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Local Living Moment: Hakka Tulou, Hongkeng Village
- Your Big Night Out Moment: Zhongshan Road, Xiamen
- Wuyishan entrance ticket, including hiking
- Orientation walks in Shanghai and Xiamen
- Tour of a traditional tulou
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2019 and onwards

Itinerary

NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1 Shanghai

Arrive at any time and welcome to the coastal metropolis of Shanghai, China's largest city.

After getting to know your fellow travellers over dinner, venture with your CEO to the famous Bund - a bustling promenade along the Huangpu River. This neon architectural haven provides the perfect backdrop for your first night out with new friends. Choose from the many bars, restaurants, shops, and settle in with a Shanghai cocktail or tea to cheers to new adventures!

There is so much to see in Shanghai, we recommend booking pre-nights to explore on your own.

Peak season notice: Golden Week falls between October 1st and 7th, 2020/2021. Please note that Golden Week is a semi-annual 7-day or 8-day national holiday for the people of China. This is a very busy time of the year for domestic tourists, so expect some crowding at major attractions. We recommend booking these dates well in advance as accommodations and transportation availability is extremely limited.

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Your First Night Out Moment: Connect With New Friends

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

Day 2 Shanghai/Wuyishan

Spend the morning and early afternoon getting to know more of Shanghai. Visit the Bund for a daytime perspective of the many historical buildings and city view. Wander through picturesque Old Town or visit the lush scenery of People's Park. Later, board a bullet train to Wuyishan in the Fujian province.

Free Time

Shanghai Afternoon

Get out and explore Shanghai.

Bullet Train

Shanghai – Wuyishan 3h30m 20:00

Get to your next destination faster than the speed of light (ok maybe not that fast) aboard a high-speed train.

Metro

Wuyishan 30m-1h

Get around underground via public transit.

Optional Activities - Day 2

Old Town Shanghai Walk

Shanghai

Free

Enjoy a walk in the picturesque Old Town of Shanghai, which lies inside the ancient walled city of Shanghai. There are many wonderful sites to explore here, including the Yuyuan Garden and many temples.

People's Park Visit

Shanghai

Enjoy a visit to this lush public park in Shanghai -- it's very popular with visitors. It's also where many demonstrations are held, and is the site for the Shanghai Art Museum and Museum of Contemporary Art Shanghai. Many highrise buildings overlook People's Park.

Day 3 Wuyishan

Wake up and take in the breathtaking serenity of the UNESCO Wuyishan Biosphere Reserve. Hike up towering peaks into the clouds for an encompassing valley view through the fog and mist, then climb down into the valley for an incredible view upward. After, opt for a bamboo raft ride down the Nine Bend Stream.

Wuyishan Reserve Visit

Wuyishan

Visit beautiful Wuyishan Reserve, a UNESCO Biosphere Reserve, and hit the trails. You'll find breathtaking lookouts, stone peaks, tea fields, interesting rock formations, and a winding river down below.

Metro

Wuyishan 30m-1h

Get around underground via public transit.

Wuyishan Nature Reserve Hike

Wuyishan 6h

Head out on a hike of the Wuyishan Nature Reserve. Take 1000 steps up into the clouds to Tiyanou Peak for some incredible valley views through the fog and mist. Hike into the deep valley to the One-Line-Sky scenic area which is known for its view of the sky looking straight up from the valley. All around you are jagged mountain peaks that blend together like a forest of trees. Last stop will be to Tiger Hissing Peak which is a mountain in the formation of a tiger and when the wind whistles through the trees around the sound it makes resemble tigers hissing.

Optional Activities - Day 3

Bamboo Rafting - Wuyishan

Wuyishan

180CNY per person

Board a traditional bamboo raft for and enjoy a ride through some the beautiful Wuyishan scenery.

Day 4 Wuyishan/Xiamen

Catch a bullet train to the coastal colonial city of Xiamen. Embark on an orientation walk through the modern architecture, then opt to take a ferry to Gulangyu Island, a pedestrian-only UNESCO World Heritage Site. Climb Sunlight Rock for a 360-degree view or relax in Shuzhuang Garden.

Xiamen is a modern university city with a little something for everyone, from night markets to laid-back cafés and beautiful sculptures lit-up at night to peaceful parks.

Bullet Train

Wuyishan – Xiamen 3h

Get to your next destination faster than the speed of light (ok maybe not that fast) aboard a high-speed train.

Metro

Xiamen 30m-1h

Get around underground via public transit.

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Optional Activities - Day 4

Gulangyu Island Visit

Gulangyu

110CNY per person

Ferry over to Gulangyu Island and explore this car-free island with lovely gardens, museums, and other attractions. Head up to Sunlight Rock for great views of the surrounding areas, visit a Buddhist temple, and take a cable car ride.

Day 5 Xiamen/Hongkeng Village

Jump on a local bus — always an adventure in itself — and enjoy the ride to Hongkeng Village, a UNESCO World Heritage Site in Yongding County. Take in the mountainous views and stroll down to Hongchuan Creek. Spend the night in an authentic Hakka tulou, a massive, multi-story fortified roundhouse built for communal living. This will definitely be an experience you'll never forget.

Local Bus

Xiamen – Hongkeng Village 4h

Climb aboard, grab a seat, and enjoy the ride.

Free Time

Hongkeng Village Half Day

Get out and explore!

Your Local Living Moment: Hakka Tulou

Spend two nights in an authentic Hakka tulou for a once-in-a-lifetime cultural immersion experience. These rural Chinese dwellings, also known as earthen houses, are circular or rectangular fortified structures up to five stories high with an open-air centre. Settle in and make yourself at home.

Day 6 Hongkeng Village

Discover Hongkeng on a village walk, then experience rural day-to-day life by immersing yourself in the community. Learn of this unique region's history and traditional Chinese culture by mingling with the Hakka people.

Hongkeng Village Walk

Hongkeng Village

Experience the Hakka culture and their way of life. Alongside your CEO, learn more about Hongkeng village and its people who have lived here for hundreds of years.

Day 7 Hongkeng Village/Xiamen

Say farewell to the beautiful Hongkeng Village, catch the bus back to Xiamen, and get ready for your big night out. Venture to Zhongshan Road, indulge in local delicacies, and immerse yourself in the lively nightlife. Grab a drink on our tab and cheers to the life-changing adventures you've just shared with newfound friends!

Local Bus

Hongkeng Village – Xiamen 4h

Climb aboard, grab a seat, and enjoy the ride.

Metro

Xiamen 30m-1h

Get around underground via public transit.

Your Big Night Out Moment: Zhongshan Road

Follow your CEO to the best spots for street food and local delicacies on the pedestrian-only Zhongshan Road. Pick the best looking place and enjoy a drink on us to celebrate new adventures with new friends!

Day 8 Xiamen/Hong Kong

Hop on a bullet train and cross the border into famous Hong Kong. Spend the evening exploring this bustling and towering metropolis on the sea. Stroll along Pearl River and capture the neon city at night.

Bullet Train

Xiamen – Hong Kong

Get to your next destination faster than the speed of light (ok maybe not that fast) aboard a high-speed train.

Border Crossing (China - Hong Kong)

Luohu – Hong Kong

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Metro

Hong Kong 1h-1h30m

Get around underground via public transit.

Day 9 Hong Kong

Today is departure day, but don't fret! There is no such thing as goodbye, only until next time. Share last laughs and exchange social medias with your newfound friends before heading on your way. Depart at any time.

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's Included

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Your First Night Out Moment: Connect With New Friends

Your Local Living Moment: Hakka Tulou, Hongkeng Village

Your Big Night Out Moment: Zhongshan Road, Xiamen. Wuyishan entrance ticket, including hiking.

Orientation walks in Shanghai and Xiamen. Tour of a traditional tulou. All transport between destinations and to/from included activities.

Highlights

Soak up traditional Chinese culture with an overnight tulou stay, explore China's cities with like-minded travellers, photograph the purple-brown rock and rich vegetation of Wuyishan, let loose in a university town

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. LUGGAGE

As we use (sometimes crowded) local transport please note backpacks are much more suitable than suitcases for this style of trip. Train travel means that bags have to be stowed either overhead or under beds, so travelling as light as possible is recommended.

2. COMBO TRIP

Please note that this trip is a combination of multiple G Adventures tours. As such, the staff and/or particular vehicles operating your tour may change between tour segments. You may also expect some group members to join or leave the tour, between tour segments.

3. Peak season notice: Golden Week falls between October 1st and 7th, 2019/2020/2021. Please note that Golden Week is a semi-annual 7-day or 8-day national holiday for the people of China. This is a very busy time of the year for domestic tourists, so expect some crowding at major attractions. We recommend booking these dates well in advance as accommodations and transportation availability is extremely limited.

Group Leader Description

Your G Adventures group trip is accompanied by a G Adventures Chief Experience Officer (CEO) in China. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

Group Size Notes

Max 18, avg 14.

Meals Included

No meals included

Meals

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

Train, local bus, walking.

About our Transportation

We will be using a variety of types of transport on this trip. Some transportation is not yet at the same level as you would expect back home. If you are able to bring with you a lot of patience, a great sense of humour and a willingness to try and interact with the local people, your travel experience will be greatly enhanced.

Train travel is often used throughout our China trips as it's an easily accessible and fast way to make the most of the time you have in China. While packing for your trip please note the following restrictions and remember that the local policies in place are for yours and everyone's safety.

Prohibited items on China's trains and metro:

1. Any knives or scissors
2. Items or food that have an unpleasant odour (ex. Durian)
3. Open liquor bottles (new bottles with the seal intact are okay)
4. Pressurized/flammable containers over 120ml in size (ex. sunscreen spray, mosquito repellent spray, hairspray, etc.)

Prohibited items on trains to/from Guangxi Province - Guilin/Yangshuo

1. Floria Water - a mosquito repellent water common in China
2. Self-heating food items (self-heating hot pot, rice, etc.)
3. As well as everything on the previous list above

Solo Travellers

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

Accommodation

Hotels (5 nts), Hostel (standard twin/single) (1 nt), guesthouse (standard twin/single) (2 nts).

About Accommodation

A variety of styles of hotels/guest houses are used on this trip. In many instances they might not be like what you are accustomed to as service and efficiency can vary. In some areas we stay in simple local guest houses in stunning locations. That said, rooms are generally small and simple yet clean. There may only be shared toilet facilities and showers.

Accommodation will be varied throughout your adventure. Some nights on this tour will be multi-share. This may involve 4-6 group members sharing a room. The majority of accommodation will have shared bathroom facilities.

Where we use multi-share hostels, rooming requests of any kind cannot be taken. For private accommodation please see tours in our Classic Travel Style.

Joining Instructions

When arriving to Pudong International Airport, if you have not pre-booked an arrival taxi with G Adventures, you can take a taxi or the public transit.

Taxi: a normal metered taxi to the joining hotel should cost around 150--170 Yuan. Print out the hotel address with Chinese characters as shown above and below to show the taxi driver.

DO NOT GO WITH ANYONE WHO APPROACHES YOU OFFERING A METERED TAXI WHICH IS PARKED IN THE LOT. THEY WILL RIP YOU OFF.

Public Transit: you can take the Airport Express (MAGLEV) Train to Pudong. (one way, 50 yuan) From here take a taxi from the rank outside. You also can take Subway Line 2.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Operator or our G Adventures Local Office. If for any reason you do not receive an

immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

EMERGENCY CONTACT NUMBERS

G Adventures Local Tour Operator (China):

During office hours, Mon-Fri 9:30-18:00 Local Time
+86 199 3740 7980

After office hours emergency number: +86 187 0058 2383

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.

Do not bring any knives or swords into China (gifts or otherwise). If they do make it into the country, they will not be permitted on trains. If you purchase a knife or sword while travelling elsewhere before arriving in China your best option is to post/mail it home before entering the country as no post/mail companies in China will accept it as a parcel.

Packing List

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses

- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Hand sanitizer (required)
- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Pen (Please bring your own pen for filling out documents.)
- Quick Covid Test/Antigen Test

Light Hiking:

- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Sleeping bag liner/sleep sheet

Smart Dress:

- Smart outfit (For evenings out)

Train Travel (Optional):

- Slip-on shoes
- Small container with lid
- Travel cutlery
- Travel or camp cup

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

Note: from Apr-Aug is rainy season for most of Southern China, so please ensure you have some waterproof clothing. From Nov-Apr weather can be cold, so please pack warm clothing.

Laundry

Laundry availability is dependent on the location you're in or the amount of time spent in that location.

We suggest packing enough clothing in case laundry is not available and/or packing laundry soap so you can wash things if needed.

Laundry is available on this trip in Hong Kong on Day 9. Street laundry service is cheap. Please ask your CEO.

Visas and Entry Requirements

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

**** Please be advised that if you have recently travelled to Turkey, or you are a Turkish citizen, it is possible that your Chinese visa will not be approved. Please contact your local embassy for further information. ****

Please note that visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. We keep the following information up to date as much as possible, but rules do change. It is important that you check for yourself with the embassy of each country. Your travel agent can assist. Please, keep in mind that all countries require passports valid for at least 6 months from the moment of departure from the country.

CHINA: all nationalities require a visa to visit China

Most nationalities also need an official Letter Of Invitation (LOI) before they can apply for their Chinese visa.

You can obtain the LOI through our visa support agent in China. The visa support link you need to complete will be sent to you or your travel agent by email when you confirm your booking. You must read the instructions carefully and fill out all the details.

Please ensure that you list the same details as appear on your LOI when filling out your Chinese Visa Application form.

Passengers traveling to Tibet:

As Tibet continues to be a sensitive area for travel to the Chinese government you must refrain from listing Tibet as one of the places you are going to visit as your application form or your Visa will be denied. We will provide you with the necessary documents to obtain your Chinese Visa, please use the details provided when filling out your Chinese Visa application form.

HOW TO FILL IN CHINA LOI FORM ONLINE:

As Chinese visas are dated specifically for entry and exit, please ensure you enter the correct dates. We also recommend you add on an extra day to both the start/end of your trip so your visa length will cover any unexpected delays. Please, remember to put exactly the same dates when you fill out the application at the Chinese embassy.

Please do not submit the below application until 3 months prior to your entry into China. The details will be forwarded to our local agent in China and you will be emailed your Chinese Invitation Letter (With day by day Itinerary) only once we are within 60 days of the trip start date.

Once you have received your LOI you can apply for your visa by going to the nearest Chinese embassy. Please, remember that it is your responsibility to check whether passport details, name spelling and dates on the LOI are correct.

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As of April 3rd, 2018, all Chinese visa application forms must be typed. Handwritten forms will no longer be accepted.

Following the successful implementation of their 144 hour visa free program for the Shanghai district, The Ministry of Public Security of China have announced the extension of the 144 hour visa free program for provinces of Beijing, Tianjin and Hebei. As of the 29th of December 2017, over 50 foreign nationals can now enter or exit via one of the following ports:

- Beijing Capital International Airport
- Railway West Railway Station
- Tianjin Binhai International Airport
- Tianjin International Cruise Homeport, or
- Shijiazhuang Zhengding International Airport in Hebei Province and Qinhuangdao Harbor.

HONG KONG: all Indian nationalities require a 'pre-arrival registration' to enter Hong Kong

Indian nationals must apply for and successfully complete pre-arrival registration online before they can visit or transit the Hong Kong. Pre-arrival registration is not required for Indian nationals in direct transit by air and not leaving the airport transit area. An Indian national can make use of the online service to apply for pre-arrival registration free of charge if he/she:

- Holds an Indian passport valid for at least six months; and
- Intends to visit or transit (except in direct transit by air and not leaving the airport transit area) in Hong Kong for a stay not exceeding 14 days.

Information accurate as of December, 2018.

Link to Indian pre-arrival registration: https://www.immd.gov.hk/eng/services/visas/pre-arrival_registration_for_indian_nationals.html

Detailed Trip Notes

Due to Internet restrictions, some popular websites and applications – including social media sites like Facebook and email services like Gmail – may not work in China. If you think these restrictions may affect you, we suggest you do research before your departure in order to be prepared. Bear in mind the availability of websites and apps can change without notice at any time.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com.

As of October 2014 the exchange rate for China was 1 USD = 6 CNY (Chinese Yuan).

Cash (Chinese Yuan) is the best method of money in China. There are some ATM machines at international airports and major cities that accept Visa and debit cards but these should not be relied on as a source of funds. We recommend the use of cash and traveller's cheques in major currencies (USD, CAD, GBP, EUR, AUD, HKD) as a backup. Major credit cards are accepted in a few shops (except for AMEX and Diner's) but they may charge a 2-4% transaction fee.

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Tipping

Traditionally in China tipping is not expected and thus there is no need to tip in restaurants and your general interaction with locals; however, tipping is customary - though not compulsory - in the tourism industry and not only shows an expression of satisfaction it may also be of considerable significance to the people who will take care of you during your travels. There are times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO may offer to collect the money and tip as a group.

Recommendations for tipping drivers and local guides would range from 1 to 3 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on

the circumstances and culture. A suggestion would be for each group member to contribute anonymously by putting their tip into an envelope. This often works the best and the group as a whole should gather to present the gift to the recipient(s), offering their thanks and showing their appreciation. This method brings the action out into the open, allowing for a friendly and appreciative interaction between the group and the recipient(s).

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$5 USD per person per day can be used.

Optional Activities

Shanghai

- Old Town Shanghai Walk (Free)
- People's Park Visit

Wuyishan

- Bamboo Rafting - Wuyishan (180CNY per person)

Gulangyu

- Gulangyu Island Visit (110CNY per person)

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

Trip Specific Safety

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Travel Insurance

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. G Adventures can provide you with the appropriate coverage. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra Foundation - the non-profit partner of G Adventures

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

Local Dress

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or mosques or other holy sites. In Pakistan we recommend a head scarf for women while walking around.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation - Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Minimum Age

Minimum age of 18 years for this trip.

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.