



# backroads to yangshou



## 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 colorful town of Yangshuo



<b>Trip Duration</b>	12 days
<b>Grade</b>	Moderate level
<b>Activities</b>	Cycling
<b>Accommodation</b>	11 nights hotels, 8 day cycle

## Kia Ora from Adventure South

Thank you for your interest in our Backroads to Yangshou trip. It's a superb adventure and we hope you'd like to come along. Adventure South has been operating active holidays throughout New Zealand since 1992. From our years of experience in New Zealand we have made a number of business partners along the way. One of our partners in China has a fantastic cycle tour on the Backroads to Yangshou. They are passionate about off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. They are committed to ensuring that their unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals. Their itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. We hope you will join us for a life changing experience!!

## why travel with Adventure South?

"Small groups, Great Guides, Superb Holidays."

This comment encapsulates an Adventure South active holiday. The phrase was not born from a long and tortuous strategic planning process, it came from a client review! We could not have said it any better. Our client feedback also confirms that what helps make our holidays different are our quality itineraries. They have been developed with years of personal experience to ensure that you have a great vacation and the right degree of personal challenge. 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 exciting and ongoing challenge.

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## trip dates

**2011** 19 Dec - 30 Dec

**2012** 20 Feb - 02 Mar  
12 Mar - 23 Mar  
03 Apr - 14 Apr  
14 May - 25 May  
04 Jun - 15 Jun  
09 Jul - 20 Jul  
29 Jul - 09 Aug  
03 Sep - 14 Sep  
08 Oct - 19 Oct  
12 Nov - 23 Nov  
17 Dec - 28 Dec

## trip cost

Joining Guangzhou: \$2890

## options & supplements

Single Supplement: \$430

Adventure South does not require single travellers pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

## fast facts

### Countries Visited:

China

### Visas:

Yes\*

### Vaccinations:

Please consult a travel vaccination specialist for up to date information

### Private Groups:

Private group options are available for this trip\*

### Singles:

A single supplement is available for this trip\*

### Leader:

Expert local leader

\*Ask our staff for more information.

## the trip

On this exquisite short cycling tour we explore southern China, as the locals do, by bike. We cycle the scenic backroads, amongst lush rice paddies shaded by limestone pinnacles. The pace of our cycling is relaxed with ample time to stop in villages or take advantage of the photographic opportunities. A mini bus accompanies us to carry our gear and provides a welcome break when you have had enough cycling for the day.

## at a glance

DAY 1	ARRIVE IN GUANGZHOU
DAY 2	TO ZHAOQING - INTRODUCTION CYCLE
DAY 3	IN ZHAOQING
DAY 4	TO SI HUI, CYCLE TO QING YUAN
DAY 5	CYCLE TO JIU LONG
DAY 6	CYCLE TO YANGSHAN
DAY 7	CYCLE TO LIANSHAN
DAY 8	CYCLE TO ZHONGSHAN
DAY 9	CYCLE TO YANGSHOU
DAY 10	VISIT MOONHILL IN YANGSHUO
DAY 11	CYCLE TO BAISHA, OVERNIGHT IN YANGSHUO
DAY 12	TRIP CONCLUDES IN YANGSHOU

## what's included

- 11 breakfasts, 11 lunches and 11 dinners
- expert bilingual guide
- 21 speed touring bikes
- medical kit
- comfortable well located hotels
- private air conditioned vehicles
- back up vehicle while cycling
- sightseeing as listed in itinerary
- site entry fees

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

## 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. 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.

meals: D

### DAY 2 To Zhaoqing - Introduction cycle

This morning we transfer by coach out of hectic streets of Guangzhou to begin our cycle. We cycle for the rest of the day with ample opportunity for breaks before arriving in Zhaoqing. Throughout

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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.

Approx: 60km cycling

**meals: B, L, D**

## **DAY 3 In Zhaoqing**

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.

Approx: 20km cycling

**meals: B, L, D**

## **DAY 4 To Si Hui, cycle to Qing Yuan**

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.

Approx. 80km cycle

**meals: B, L, D**

## **DAY 5 Cycle to Jiu Long**

From Qing Yuan we drive out of town before cycling approximately 10 km to Jiu Long. The countryside in this area is stunning with lime stone 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! If we want to cycle around 70km today, we need to start cycle earlier. We may cycle 35 km to Jiu Long instead of 10 km. There's 10 km ride visiting Guan Yin Crag. It's possible to make it 70 km if we add the 25 km optional ride around Jiu Long area (Little Guilin).

Approx. 45- 70km cycle

**meals: B, L, D**

## **DAY 6 Cycle to Yangshan**

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.

Approx. 100 km cycle

**meals: B, L, D**

## **DAY 7 Cycle to Lianshan**

Today we cycle 80 km to Lianshan through a Yao (a minority group in China) area. 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.

Approx. 80km cycle

**meals: B, L, D**

# backroads to yangshou

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## DAY 8 Cycle to Zhongshan

After a short drive we enjoy a beautiful smooth days riding on well paved roads soaking in the relaxed ambiance 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!

Approx. 65km cycle

**meals: B, L, D**

## DAY 9 Cycle to Yangshuo

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 village itself has fantastic shopping and restaurants, and lively ambiance. The cycle route to Yangshuo is along undulating roads and will take us most of the day from Zhongshan.

Approx. 100km cycle

**meals: B, L, D**

## DAY 10 Visit Moonhill in Yangshuo

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.

Approx. 30km cycle

**meals: B, L, D**

## DAY 11 Cycle to Baisha, overnight in Yangshuo

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.

Approx. 60km cycle

**meals: B, L, D**

## DAY 12 Trip concludes in Yangshuo

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

**meals: B**

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

## cycling

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 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.

# backroads to yangshou

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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. We have 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 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.

## country information

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 25-30C (78-87F) and a slight chance of rain. During October the days are mild and dry, from 15-20C (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.

# backroads to yangshou

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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 Sep) expect hot, humid days with temperatures up to 33C (91F) and some rain is likely - although daytime temperatures in the hills further north in Guangdong Province should be milder. During October, the days are mild, from 15-26C (60-79F) and nights are cooler. Some rain is also possible at this time. On winter trips (Nov-Feb) there will be quite cool days of 12-15C (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.

## what you carry

Support vehicles follow the group on cycling days to carry all your luggage and you if your legs get too tired! Our bikes are fitted with a 'bike pack' which sits on the bike rack to carry essential items with you as you cycle such as sunscreen, sunglasses, a rain coat and your camera.

## equipment required

A bike helmet is compulsory on this trip. We also highly recommend bike pants, gloves and a gel seat cover for your own comfort. A full gear list will be provided on booking.

## non exclusive trips

Please note that this trip isn't Adventure South exclusive and is run by our partners in China. We've been working with them for a while and are confident to say its an awesome tour.

## what's not included

- Items of a personal nature such as laundry and postage
- Alcoholic beverages
- Additional transport required due to any emergency situation
- Flight out from Guilin
- Visa costs
- Travel Insurance
- International airfares and departure taxes

## responsible travel

We all have a responsibility to minimise the impact we have on the environment and communities we visit when we travel. Since our beginnings this has been a cornerstone of our company. The New Zealand travel industry has become a world leader in developing an external audit process to identify quality, and that process has been extended to now include a 3 level Enviro Mark based on company processes. We're very proud that we've received a Gold rating, the highest category; each year since this initiative began.

## trip grading

This adventure involves cycling for 6 or 7 hours a day at a steady pace. You will need a good level of fitness and be in good health.

\* Suggested preparation: 45 minutes of aerobic type exercise, three to five times a week for the three months leading up to your trip. Road cycling is also recommended.

# backroads to yangshou

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## 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 one of our staff.

## important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

## private groups

The adventures featured in our brochures, and on our website, are just a starting point. Planning and providing special group departures is something we do exceptionally well. Over the past 18 years we have developed some exceptional itineraries, from cycling to hiking or combination multi-adventure trips. School groups, charities, work colleagues and cycling buddies have all been part of our experience. Our team can assist you with all aspects of your private group to ensure the trip is tailored just right for your group. Contact our team today.

## subscribe to our e-newsletter

To keep up to date with the new and exciting trip releases, special offers plus more please subscribe to our free e-newsletter at [www.advsouth.com](http://www.advsouth.com)

Or why not view past travellers images and join in on the conversation at <http://www.facebook.com/AdventureSouthNZ>

## trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, train travel and visa invitation letters. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

## how to book

To book an Adventure South holiday, you can book directly online (<http://www.advsouth.com/booking.aspx>) or you will need to complete a booking form (found at the back of our brochure). You can also download a copy from [www.advsouth.com](http://www.advsouth.com). On completion, please fax or post the form to Adventure South. If you're unsure what would be the best option for you call us NZ free phone 0800 00 11 66, AUS free phone 1800 10 70 60, USA free phone 1866 479 9827 anywhere else +64 3 942 1222 or email us on [guide@advsouth.co.nz](mailto:guide@advsouth.co.nz)