

**The British International School,
Puxi-Shanghai**

**Xingping and Yangshuo Trip
June 14th – 19th, 2015**

Destination - Xingping



What will we do in Xingping?



Hiking

P&ECLASS

What will we do in Xingping?



Farm work

P&ECLASS

What will we do in Xingping?



Bamboo raft making

Destination - Yangshuo



What will we do in Yangshuo?



Rock climbing

What will we do in Yangshuo?



Kayaking

What will we do in Yangshuo?



Biking

P&ECLASS

What will we do in Yangshuo?



Cooking class

What will we do in Yangshuo?



Cormorant fishing

What will we do in Yangshuo?



Moon Hill

Silver Cave



Accommodation in Xingping

Guesthouses



- Basic facilities with private bathrooms
- 24-hours Hot water

Accommodation in Yangshuo



- Local 3-Star Hotel, private bathrooms
- 24-hours Hot water

Itinerary

Day	Morning	Afternoon	Evening	Meals
Jun. 14 th		<ul style="list-style-type: none"> √ Take flight to Guilin; (FM9369 15:55/18:35 or CA1969 17:20/20:00) 	<ul style="list-style-type: none"> √ After arrival, head for Xingping by bus; √ Check into the guesthouses in Dahebei Village of Xingping. 	D
Jun. 15 th	<ul style="list-style-type: none"> √ Hike around Dahebei Village (3.5 hours); 	<ul style="list-style-type: none"> √ Farm work in Dahebei Village; 	<ul style="list-style-type: none"> √ Local barbecue dinner and bonfire party. 	B, L, D
Jun. 16 th	<ul style="list-style-type: none"> √ Treasure hunt in Dahebei Village; √ Li River Cruise; 	<ul style="list-style-type: none"> √ Team building: bamboo raft making and raft race; 	<ul style="list-style-type: none"> √ Night hike. 	B, L, D
Jun. 17 th	<ul style="list-style-type: none"> √ Rock climbing; 	<ul style="list-style-type: none"> √ Kayaking on Li River (Fuli Town to Liugong Town); √ Check into the Snow Lion Resort in Yangshuo and refresh; 	<ul style="list-style-type: none"> √ Cormorant fishing. 	B, L, D
Jun. 18 th	<ul style="list-style-type: none"> √ Biking tour; √ Free time on West Street and lunch on your own; 	<ul style="list-style-type: none"> √ Group activities in Yangshuo Park; √ Cooking Class and dinner; 	<ul style="list-style-type: none"> √ Impression Liu sanjie 	B, D
Jun. 19 th	<ul style="list-style-type: none"> √ Visit Silver Cave; 	<ul style="list-style-type: none"> √ Visit Moon Hill; √ Take flight to Shanghai and trip ends. (FM9370 19:25/21:40 or CA1970 20:50/22:55) 		B, L, D

Packing list

What do I need to bring?

Documents:

- **Passport with valid visa**
- **Flight tickets**

Clothes

- **It is important to be prepared for the following conditions:**
- **It might rain (even if it rains the whole day, we will still do activities outside)**
- **It might get very hot (and humid)**
- **We might get very dirty during the day**
- **We will spend our days hiking, climbing and cycling, so pack for an extended PE-lesson**
 - ✓ **Cotton pants and shorts**
 - ✓ **Sufficient change of T-shirts**
 - ✓ **Sufficient changes of underwear and socks (at least 7 pairs)**
 - ✓ **Zip-off quick dry trekking pants**
 - ✓ **Hat/sun screen/sun glasses**
 - ✓ **Wind/water proof jacket(preferable with hood)**
 - ✓ **A pair of comfortable walking shoes (broken in)!!!**
 - ✓ **A second pair of comfortable shoes, as one pair will probably get wet**
 - ✓ **A pair of sandals/flip-flops**
 - ✓ **Swimming suit and swimming cap**

Packing list

What do I need to bring?

Must- have equipment

- Personal toiletries and a hand towel
- Rain gear
- Towel (fast-drying if possible)
- Small, light back- pack for water, fruit, wallet, etc., Prescription medicine
- Headlight/flashlight
- Insect repellent
- Water bottle

Optional equipment

- Camera and charger
- Healthy Snack foods (e.g. cereal bar, raisins, dried food)
- Wet antiseptic wipes

How do I pack?

Most of your gear and supply will be carried on bus during the trip. While walking, all you need to carry is one small daypack that contains your personal stuff like camera, water bottle, etc. Make sure you bring the daypack.