



NORTHERN YUNNAN: THE TEA AND HORSE CARAVAN

OCTOBER 13 - 18 2019

PREPARED BY THE HUTONG
BRITISH SCHOOL OF BEIJING SHUYNi



**The Hutong
Education**



THE BRITISH SCHOOL
OF BEIJING, SHUYNi
A NORD ANGLIA EDUCATION SCHOOL

DESTINATION: **NORTHERN YUNNAN**



The Hutong's Tea Horse Caravan program brings students on an exploration of the misty mountains, gaping gorges, and colorful cultures of Northern Yunnan. Located on the threshold of the Himalayas, visitors are treated to some of the most spectacular mountain scenery in the world. For centuries the rugged terrain shielded local people from the Han dominated empires of China's past, resulting in a host of vibrant ethnic minority groups each with its own language, cuisine, distinctive form of dress, festivals, and belief systems.

Our adventure will have students tackling the arduous terrain and interacting with the local communities. Each day, students will have the opportunity to participate in carefully designed activities that are sure to bring new challenges, new flavors, new stories, and new friends. From the breathtaking views of Jade Dragon Snow Mountain, to friendly villagers around Shaxi, students are sure to experience China like never before and take home a new, unique perspective of the Middle Kingdom.

ITINERARY & DAILY SCHEDULE

Meals provided indicated in schedule as Breakfast (B), Lunch (L), and Dinner (D)

DAY	LOCATION	ACTIVITIES
1	Beijing - Lijiang Accommodation: Baisha Old Town Guesthouses Meals: <i>D</i>	Afternoon Take flight MU5702 from Beijing to Lijiang arriving at 19:30 P.M. with stop-over in Kunming Evening Arrive in Lijiang around 19:30 Dinner Transfer to Guesthouses in Baisha Old town outside of Lijiang City
2	Lijiang Accommodation: Guesthouse Meals: <i>B, L, D</i>	Morning Breakfast at Yang Family Courtyard Rotational Cultural Activities in Baisha Old Town Lunch in Baisha Old Town Afternoon Lunc Transfer to Puji Village Hike from village to Puji Monastery Visit Monastery Transfer to Lijiang City Shopping in small groups for pack lunch materials Evening Return to Baisha Village and prepare packed lunches for Day 3 Special BBQ dinner in Baisha Old Town Daily Reflections
3	Lijiang Accommodation: Guesthouse Meals: <i>B, L, D</i>	Morning Breakfast Hike from Baisha to Wenhai Lake Packed Lunch picnic near Wenhai Lake Afternoon Continue Hike to Yi Minority Village Sharing with Yi Minority Bimo (Shaman) Transfer to Shuhe Old Town Explore Shuhe Old Town Evening Dinner in Shuhe Transfer to Baisha Old Town Daily Reflections

ITINERARY & DAILY SCHEDULE

Meals provided indicated in schedule as Breakfast (B), Lunch (L), and Dinner (D)

DAY	LOCATION	ACTIVITIES
4	Shaxi Accommodation: Guesthouse Meals: B, L, D	Morning Breakfast Transfer to Shaxi Valley (2.5 hours) Check-in to guesthouses Lunch in Shaxi in Old Town Afternoon Shaxi Valley Zou N Go adventure race Evening Dinner at local restaurant in an old theater Evening Bai music performance at the theater Daily Reflections
5	Shaxi Accommodation: Hotel Meals: B, L, D	Morning Breakfast in Guesthouses Student Choice Rotation #1 (Physical Challenge) -Cycling in Shaxi Valley w/ Ian (max 30 students) -Short Loop hiking Shibaoshan w/ Wu Shifu Afternoon Lunch Student Choice Rotation #2 (Bai Cultural Activity) -Bai Dancing (Cooking *Tentative) (max 30) -Wood carving (max 30 ss) Evening Sideng Square Dinner activity in small groups Daily Reflections
6	Shaxi-Lijiang-Beijing Accommodation: N/A Meals: B,	Morning Breakfast and Check-Out Transfer to Lijiang Airport Airport Check-in Take Flight MU5922 Lijiang to Beijing departing at 12:15 Arriving at 1935 (1 hr Stop over in Kunming)

TRANSPORTATION INFORMATION

FLIGHT NUMBERS

10/13 MU5702 Beijing- Kunming 1230-1555 + Kunming-Lijiang MU5736 1820-1925

10/18 MU5922 Lijiang-Kunming 1215-1315 + Kunming -Beijing MU5709 1600-1935

ACCOMMODATION INFORMATION

Lijiang (Baisha Guesthouse):
Wang's Guesthouse
Phone: 1332098208

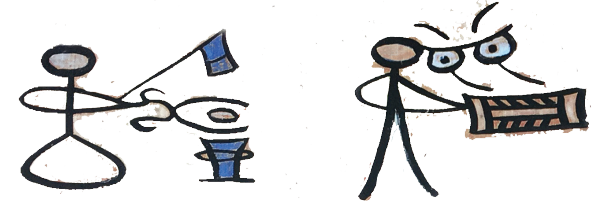
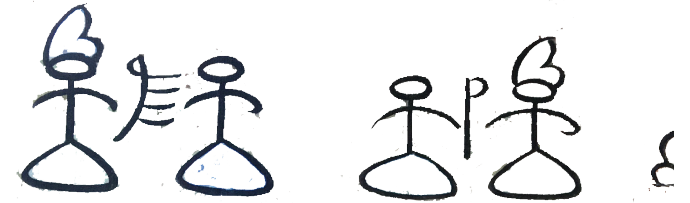
Shaxi:
Shaxi Ying's Guesthouse
Phone: 18683930099

HOSPITAL INFORMATION

Lijiang People's Hospital 丽江人民医院
Address: 526 Fuhui Rd, Gucheng, Lijiang, Yunnan, China, 67410
Phone: +86 888 518 5053

Shaxi Clinic 沙溪卫生院
Address: 084 County Rd, Jianchuan Xian, Dali Baizuzizhizhou, Yunnan Sheng, China

People's Hospital of Jianchuan County 剑川县人民医院
Address: Jianhe Road, Jinhua Town, Jianchuan County, China
Phone: +86 872 452 1244



CLIMATE AND PACKING LIST

CITY	MONTH	AVERAGE HIGH	AVERAGE LOW
Lijiang Area	October	19	5
Shaxi Valley	October	19	7

This region has an elevation of over 2,000 meters (6,500 feet) and is affected by monsoonal systems from the Himalayas, the climate characteristics warrant certain preparations for travelers. The first consideration is UV protection. It is essential to have quality sunglasses, sunscreen and a hat when exposed on hikes or biking. The weather also experiences temperature swings in late Fall, with temperatures near zero Celsius at night and in the mid to upper twenties during the day. Thus smart layering is something that every traveler should consider; light jackets over fleece or sweaters with a base layer. The wind can come up suddenly here, and just as easily the sun can disappear as rain comes in and drop the air temperature 10 degrees in less than an hour. An ultralight waterproof jacket is a very convenient article of clothing, as is a good sun hat.

For hiking around in the area, most of the trails are more natural (dirts and rocks rather than paved trails). They can at times be rocky or muddy and steep. Quality hiking boots are a must, or at least trail running shoes that offer more protection than ordinary trainers. Quick dry hiking pants also offer better protection from prickly scrub on local trails than shorts. Two good, durable reusable one liter water bottle is a **MUST**.

* This is not intended to be an exhaustive list, please use your own judgment when packing. PLEASE KEEP PACKING TO A MINIMUM



ESSENTIAL ITEMS

- Passport
- 2x 1L Reusable Water Bottles
- 1x pair of comfortable hiking boots
- Rain Jacket
- Small towel
- Motion sickness medication

LOWER BODY GARMENTS

- 2x pair of comfortable shorts
- 3x pair of durable long trousers
- 6x underwear
- 6x socks
- 1x camp shoes (croc's, trainers or sandals)

CLIMATE AND PACKING LIST [CONTINUED]

OTHER RECOMMENDED ITEMS

- Sunglasses
- Sun screen
- insect repellant
- Torch/headlight
- Pens & Notebook
- Camera
- 1x sunhat/cap
- 1x middle weight gloves
- 1x winter hat or beanie

HEALTHY SNACKS

- Dried Fruit
- Granola
- Trail Mix
- Jerky

REMINDERS

- Bring some Pocket Money (max 500RMB)
- Don't bring cup/instant noodles!

UPPER BODY GARMENTS

- 6x t-shirts
- 3x fleece/vest/jumper/hoodie/sweatshirt
- 1x light weight warm jacket (down or synthetic)

RECOMMENDED BAGS

- 1x large backpack (Medium size is ok 50L)
- 1x smaller day pack

*Please do not bring roll-along suitcases.

RECOMMENDED TOILETRIES

- Toothpaste and Toothbrush
- Any required medication
- Antibacterial hand gel + Wet wipes

WILL IT GET HOT? COLD?

More than likely there will be times where we will experience some heat and strong sunlight. The sun can be much stronger in Northern Yunnan than in the northern provinces, so come prepared with hat, sun glasses, and sunscreen. We also recommend bring some warm layers as it will get chilly at night.

WHAT SORT OF FOOTWEAR SHOULD I BRING?

We HIGHLY recommend bringing a pair hiking boots or hiking shoes. We also HIGHLY recommend that you wear your boots and shoes prior to the program. It is not wise to break out a new pair when we begin hiking.

WILL IT RAIN?

Our good friends in Yunnan assured us that we will likely get wet during our program. October is the tail end of the wet summer, so showers are common. You should come prepared with Rain Gear (Jackets, Ponchos, extra shoes/sandal, quick dry clothes, and umbrellas.) Not to worry- we won't let a little rain get in our way!



WILL THERE BE BUGS?

Yes, there will be bugs. Come prepared with an open mind and some bug repellant.

WHAT ARE THE ITEMS THAT ARE MOST COMMONLY FORGOTTEN?

The following items are ones that we put on the packing list, but are commonly forgotten. These are ESSENTIAL items, so try to remember them.

- It gets cold! Bring Layers!
- 2 x 1 liter reuseable water bottles
- 1x breathable waterproof jacket
- Sun screen

Special Note
Water Bottles: Everyone is EXPECTED to have at least 2x 1 Liter reusable water bottles. This is a MUST for hiking.

WHY SHOULDN'T I BRING A ROLL-ALONG SUIT CASE?

The short answer is because over the course of the program, we are moving around so much that these types of bags become cumbersome. Often we have to unload the bus and walk distance on pathways or dirt roads in order to get to where we are staying. It is therefore HIGHLY recommended that you NOT bring roll-along suitcases on the program.

TRIP LEADERS



IAN GABRIELSON

Coming to The Hutong from the USA, Ian is responsible for designing and executing our Education Programs across greater China. Ian has a great deal of experience in international education, having taught secondary humanities at international schools in China and Taiwan. Ian also served as the CAS coordinator at his previous school in Beijing, where he developed a love for running experiential and service learning programs in Beijing and China. A passionate educator, Ian enjoys creating innovative, fun, and engaging activities for students on our programs. Ian began the Hutong's Northern Yunnan program back in early 2016, and has watched grow from a seedling into one of The Hutong's most culturally rich, exciting and most popular programs.



JIA JIA SONG

Though born in Inner Mongolia, Jiajia has spent time across China. After studied in Shandong for 7 years earning her Bachelor's and then a Master's degree in Chinese and American History as well as studied Economics, she also got a certification to be an high school history teacher. Later, she relocated to Dali, Yunnan where she worked as an operator and manager for three years. By running different kinds of programs, she gained a deep appreciation for the outdoors and took up hiking and biking, running, and mountain climbing.



BEN CUBBAGE

Ben has lived on the Tibetan Plateau in Xining's Qinghai Province since 2010. He has a Bachelor's degree in Environmental Science and has spent considerable time teaching organic agriculture and sustainable development in Ghana and Liberia. He has extensive trekking experience having completed the 2,650 mile (4,240 kilometer) Pacific Crest Trail from Mexico to Canada. The Pacific Crest Trail involved 6 months of trekking: 20 miles a day through 700 miles of desert, over the tallest point in the 48 United States in the Sierra Nevada, across rainforests, and through the states of California, Oregon, and Washington. Ben has thru-hiked the 2,150 mile (3,440 kilometer) Appalachian Trail along the east coast of the US. He has also traveled and trekked extensively in Tibet and Nepal and has guided trips to the base camp of Mt. Everest.

VALUES AND CHALLENGES



Throughout our programs, we challenge students to not only push their boundaries and explore their surrounding culture but we encourage them to take responsibility for their actions through embracing sustainable travel, making good decisions and supporting their classmates. These notions are born out of our own company Core Values:

1. Be a good egg!
2. Embrace diversity!
3. Light a spark!
4. Go the extra 'li' (mile)!
5. Seek challenge!
6. Smile more!

We like to challenge students to adopt these practices and award those who demonstrate such values during the trip, through initiatives such as..

THE CHOPSTICK CHALLENGE

Each student is given their very own set of sustainable bamboo chopsticks with a stylish pouch to keep them in. Why? Forests are being chopped down for producing chopsticks – 20 million trees per year to produce 80 billion disposable chopsticks for China alone. To discourage deforestation and wasteful consumption we avoid using disposable chopsticks and encourage responsibility for possessions. Students who demonstrate best sustainability practices will earn the 'Golden Chopstick Award.'

THE HUTONG HELMSMAN

Mao Zedong was known as "The Great Helmsman" because of his ability to steer the PRC to the right course of action. At The Hutong, we will choose our Helmsmen and Helmswomen based on who has lived up to the Hutong's Core Values that day, thereby helping steer us to a more successful trip. We typically have each teacher choose someone from his or her group, and by the end of the trip each student ends up being recognized for their positive contributions.

ABOUT THE HUTONG



At The Hutong, we offer a range of interactive, educational, unique, and fun activities to students and school groups of all different ages. Our interactive programs are designed to broaden participants' understanding of Chinese culture and allow them to experience an authentic side of China. We aim to adapt our programs and work closely with schools and teachers to create customized cultural activities for various grade levels and subject areas. By incorporating grade and subject-specific learning targets into the design of our onsite and offsite excursions, The Hutong strives to offer top-notch activities that are engaging and relevant.

Combining our staff's expertise in both tourism and education, we have been running unique and creative study tours to off-the-beaten-track destinations since 2009, with thorough professionalism and maintaining an impeccable safety record. We aim to broaden students' horizons by exposing them to memorable experiences throughout China. Our typical educational tours focus on a combination of cultural immersion and outdoor education. We place an important emphasis on experiential learning. We do not just visit tourist spots, but we experience the places we visit and take a step deeper. The majority of our team has a background in both travel and education and this is where we look to excel.

Each year we expand our destinations and topics. Our goal is to work closely with schools to incorporate their curriculum and learning objectives in our educational travels, and give the students and staff exceptional experiences. The Hutong is happy to propose customized offsite programs that build upon the units of inquiry taught in your school.

The Hutong places particular emphasis on experiential learning, and works increasingly to give its students the opportunity to service the communities they visit. Students who attend Hutong trips engage with global issues by collaborating to plan and execute community service programs. They leave the trip with a renewed sense of their strengths and abilities, as well as a more solid understanding of ethical tourism and global development.