

Canadian International School HongKong



Yangshuo Trip

May 7th – May 11th, 2012

Pre- departure Information

The Program

The itinerary is for your reference. Your guide will provide final confirmation of assembly times as itinerary may change depending on your interests and circumstances.

Group 1

May 7th Mon	HongKong-Guilin	Guilin Park Hotel	Meals: D
15:50	Leave HongKong for Guilin by HX 121		
17:20	Arrive in Guilin and meet at the airport		
18:00-19:00	Board bus and drive to hotel in Guilin		
19:00-20:00	Dinner in the hotel restaurant		
20:00-20:30	Check into the hotel		
May 8th Tue	Guilin-Yangshuo	Yangshuo Leisure Inn Hotel	Meals: B L D
07:00	Morning wake-up call		
07:30-08:30	Breakfast at the hotel and check out (Luggage out and hand keys to tour leader)		
08:30-09:10	Drive to cruise pier		
09:30-14:00	Take cruise to Yangshuo and lunch on the boat		
14:00-14:20	Check into hotel and refresh		
14:25-15:00	Drive to Moon Hill		
15:00-16:20	Climb the Moon Hill		
16:30-16:50	Drive to cooking school		
17:00-19:30	Cooking lesson and dinner		
19:30-21:00	Boat ride to watch cormorants fishing		
21:00-22:00	Free time in the hotel		
22:00	Lights out		
May 9th Wed	Yangshuo	Yangshuo Leisure Inn Hotel	Meals: B L D
07:00	Morning wake- up call		
07:30-08:20	Breakfast at hotel		
09:00-09:45	Drive to biking spot		
09:45-12:00	Biking		
12:30-13:20	Lunch		
13:30-14:00	Drive to rock climbing spot		
14:00-17:00	Rock climbing		
17:30-18:00	Refresh		
18:00-18:40	Dinner		
19:00-20:30	Liusanjie Light Show		
22:00	Lights out		

May 10th Thu	Yangshuo	Yangshuo Leisure Inn Hotel	Meals: B L D
07:30	Morning wake- up call		
08:00-08:50	Breakfast at hotel		
09:00-09:30	Drive to Kayaking spot		
10:00-12:30	Kayaking		
12:30-13:30	Picnic lunch		
14:45-15:30	Drive to Silver Cave		
15:45-17:20	Visit Silver Cave		
17:30-18:00	Drive for dinner		
18:00-19:30	BBQ		
19:40-20:00	Drive to west street		
20:00-21:30	Free time at west street		

May 11th Fri	Yangshuo-Guilin-HongKong	Meals: B L
07:00	Morning wake- up call	
07:30-08:30	Breakfast at the hotel and check out (Luggage out and hand keys to tour leader)	
08:40-09:30	Drive to Xiping	
09:45-12:50	Hiking at Xiping	
12:50-13:40	Lunch at Our Inn	
13:50-16:00	Drive to Guilin Airport	
18:00	Leave Guilin by HX 122	
19:30	Arrive in HongKong and trip ends	

Group 2

May 7th Mon	HongKong-Guilin	Guilin Park Hotel	Meals: D
15:50	Leave HongKong for Guilin by HX 121		
17:20	Arrive in Guilin and meet at the airport		
18:00-19:00	Board bus and drive to hotel in Guilin		
19:00-20:00	Dinner in the hotel restaurant		
20:00-20:30	Check into the hotel		
May 8th Tue	Guilin-Yangshuo	Yangshuo Leisure Inn Hotel	Meals: B L D
07:00	Morning wake-up call		
07:30-08:30	Breakfast at the hotel and check out (Luggage out and hand keys to tour leader)		
08:30-09:10	Drive to cruise pier		
09:30-14:00	Take cruise to Yangshuo and lunch on the boat		
14:00-14:20	Check into hotel and refresh		
14:30-14:50	Drive to biking spot		
15:00-17:40	Biking		
18:00-19:00	BBQ		
19:40-20:00	Drive to west street		
20:00-21:30	Free time at west street		
May 9th Wed	Yangshuo	Yangshuo Leisure Inn Hotel	Meals: B L D
07:00	Morning wake- up call		
07:30-08:30	Breakfast at hotel		
08:40-09:20	Drive to rock climbing spot		
09:30-11:50	Rock climbing		
12:00-12:40	Picnic Lunch		
13:00-13:30	Drive to Kayaking spot		
14:00-16:30	Kayaking		
17:40-18:40	Dinner		
19:20-21:00	Boat ride to watch cormorants fishing		
22:00	Lights out		
May 10th Thu	Yangshuo	Yangshuo Leisure Inn Hotel	Meals: B L D
07:30	Morning wake- up call		
08:00-08:50	Breakfast at hotel		
09:00-09:40	Drive to Silver Cave		
09:40-11:20	Visit Silver Cave		
11:20-12:20	Drive to Xinping		
12:40-13:40	Lunch at Our Inn		
14:00-17:00	Hiking		
17:00-17:40	Dinner at Our Inn		
19:00-20:00	Liusanjie Light Show		
20:30-21:00	Drive back to the hotel		
22:00	Lights out		

May 11th Fri	Yangshuo-Guilin-HongKong	Meals: B L
07:00	Morning wake- up call	
07:20-08:15	Breakfast at the hotel and check out (Luggage out and hand keys to tour leader)	
08:20-08:40	Drive to Moon Hill	
08:50-10:00	Climb the Moon Hill	
10:10-10:30	Drive to cooking school	
10:40-13:30	Cooking lesson and lunch	
13:50-16:00	Drive to Guilin Airport	
18:00	Leave Guilin by HX 122	
19:30	Arrive in HongKong and trip ends	

Group 3

May 7th Mon	HongKong-Guilin	Guilin Park Hotel	Meals: D
15:50	Leave HongKong for Guilin by HX 121		
17:20	Arrive in Guilin and meet at the airport		
18:00-19:00	Board bus and drive to hotel in Guilin		
19:00-20:00	Dinner in the hotel restaurant		
20:00-20:30	Check into the hotel		
May 8th Tue	Guilin-Yangshuo	Yangshuo Leisure Inn Hotel	Meals: B L D
07:00	Morning wake-up call		
07:30-08:30	Breakfast at the hotel and check out (Luggage out and hand keys to tour leader)		
08:30-09:10	Drive to cruise pier		
09:30-14:00	Take cruise to Yangshuo and lunch on the boat		
14:00-14:20	Check into hotel and refresh		
14:30-15:00	Drive to rock climbing spot		
15:00-17:50	Rock climbing		
18:30-19:30	BBQ		
19:40-20:00	Drive to west street		
20:00-21:30	Free time at west street		
May 9th Wed	Yangshuo	Yangshuo Leisure Inn Hotel	Meals: B L D
07:00	Morning wake- up call		
07:30-08:30	Breakfast at hotel		
08:40-09:10	Drive to Kayaking spot		
09:40-12:00	Kayaking		
12:30-13:40	Lunch		
13:50-14:30	Drive to Silver Cave		
14:40-17:20	Visit Silver Cave		
18:00-18:50	Dinner		
19:20-21:00	Boat ride to watch cormorants fishing		
22:00	Lights out		
May 10th Thu	Yangshuo	Yangshuo Leisure Inn Hotel	Meals: B L D
07:30	Morning wake- up call		
08:00-08:50	Breakfast at hotel		
08:50-09:40	Drive to Xinping		
09:50-12:30	Hiking		
13:00-13:40	Lunch at Our Inn		
14:00-14:50	Drive to cooking school		
15:00-18:30	Cooking class and dinner		
19:00-20:30	Liusanjie Light Show		
21:00	Drive back to the hotel		
22:00	Lights out		

May 11th Fri	Yangshuo-Guilin-HongKong	Meals: B L
07:00	Morning wake- up call	
07:30-08:30	Breakfast at the hotel and check out (Luggage out and hand keys to tour leader)	
08:35-09:00	Drive to Moon Hill	
09:00-10:00	Climb the Moon Hill	
10:10-10:30	Drive to biking spot	
10:40-12:30	Biking	
12:30-13:00	Picnic lunch	
13:50-16:00	Drive to Guilin Airport	
18:00	Leave Guilin by HX 122	
19:30	Arrive in HongKong and trip ends	

Group 4

May 7th Mon	HongKong-Guilin	Guilin Park Hotel	Meals: D
15:50	Leave HongKong for Guilin by HX 121		
17:20	Arrive in Guilin and meet at the airport		
18:00-19:00	Board bus and drive to hotel in Guilin		
19:00-20:00	Dinner in the hotel restaurant		
20:00-20:30	Check into the hotel		
May 8th Tue	Guilin-Yangshuo	Yangshuo Leisure Inn Hotel	Meals: B L D
07:00	Morning wake-up call		
07:30-08:30	Breakfast at the hotel and check out (Luggage out and hand keys to tour leader)		
08:30-09:10	Drive to cruise pier		
09:30-14:00	Take cruise to Yangshuo and lunch on the boat		
14:00-14:20	Check into hotel and refresh		
14:30-15:00	Drive to Kayaking spot		
15:00-17:30	Kayaking		
18:00-18:30	Dinner		
19:00-20:30	Liusanjie Light Show		
21:00	Drive back to the hotel		
22:00	Lights out		
May 9th Wed	Yangshuo	Yangshuo Leisure Inn Hotel	Meals: B L D
07:30	Morning wake- up call		
08:00-09:00	Breakfast at hotel		
09:10-09:40	Drive to Silver Cave		
09:40-11:30	Visit Silver Cave		
11:40-12:20	Drive to Xinping		
12:40-13:40	Lunch at Our Inn		
14:00-17:00	Hiking		
17:30-18:30	BBQ dinner at Our Inn		
18:50-19:30	Drive to west street		
19:40-21:00	Free time at west street		
May 10th Thu	Yangshuo	Yangshuo Leisure Inn Hotel	Meals: B L D
07:00	Morning wake- up call		
07:15-08:00	Breakfast at hotel		
08:10-08:30	Drive to Moon Hill		
08:40-10:00	Climb the Moon Hill		
10:00-10:30	Drive to cooking school		
10:30-13:00	Cooking class and lunch		
13:10-13:40	Drive to biking spot		
13:50-17:00	Biking		
17:30-18:30	Dinner		
19:20-21:00	Boat ride to watch cormorants fishing		
22:00	Lights out		

May 11th Fri	Yangshuo-Guilin-HongKong	Meals: B L
07:30	Morning wake- up call	
08:00-08:40	Breakfast at the hotel and check out (Luggage out and hand keys to tour leader)	
08:50-09:20	Drive to rock climbing spot	
09:30-12:00	Rock climbing	
12:30-13:00	Picnic lunch	
13:50-16:00	Drive to Guilin Airport	
18:00	Leave Guilin by HX 122	
19:30	Arrive in HongKong and trip ends	

Group 5

May 7th Mon	HongKong-Guilin	Guilin Park Hotel	Meals: D
15:50	Leave HongKong for Guilin by HX 121		
17:20	Arrive in Guilin and meet at the airport		
18:00-19:00	Board bus and drive to hotel in Guilin		
19:00-20:00	Dinner in the hotel restaurant		
20:00-20:30	Check into the hotel		
May 8th Tue	Guilin-Yangshuo	Yangshuo Leisure Inn Hotel	Meals: B L D
07:00	Morning wake-up call		
07:30-08:30	Breakfast at the hotel and check out (Luggage out and hand keys to tour leader)		
08:30-09:10	Drive to cruise pier		
09:30-14:00	Take cruise to Yangshuo and lunch on the boat		
14:00-14:20	Check into hotel and refresh		
14:30-15:15	Drive to Silver Cave		
15:20-17:30	Visit Silver Cave		
18:00-18:30	Dinner		
19:00-20:30	Watch Liusanjie Light Show		
21:00	Drive back to the hotel		
22:00	Lights out		
May 9th Wed	Yangshuo	Yangshuo Leisure Inn Hotel	Meals: B L D
07:30	Morning wake- up call		
08:00-08:50	Breakfast at hotel		
09:00-09:40	Drive to Xiping		
09:50-13:00	Hiking		
13:20-14:00	Lunch at Our Inn		
14:20-15:30	Drive to cooking school		
15:30-18:30	Cooking class and dinner		
18:50-19:30	Drive to west street		
19:40-21:00	Free time at west street		
May 10th Thu	Yangshuo	Yangshuo Leisure Inn Hotel	Meals: B L D
07:00	Morning wake- up call		
07:15-08:00	Breakfast at hotel		
08:10-08:40	Drive to biking spot		
08:50-11:30	Biking		
12:00-12:30	Picnic lunch		
12:40-13:10	Drive to rock climbing spot		
13:20-16:20	Rock climbing		
16:30-17:00	Drive to Moon Hill		
17:00-18:00	Climb the Moon Hill		
18:30-19:20	BBQ Dinner		
19:30-20:50	Boat ride to watch cormorants fishing		
22:00	Lights out		

May 11th Fri	Yangshuo-Guilin-HongKong	Meals: B L
07:30	Morning wake- up call	
08:00-08:40	Breakfast at the hotel and check out (Luggage out and hand keys to tour leader)	
08:50-09:20	Drive to Kayaking spot	
09:30-12:00	Kayaking	
12:30-13:30	Lunch	
13:50-16:00	Drive to Guilin Airport	
18:00	Leave Guilin by HX 122	
19:30	Arrive in HongKong and trip ends	

Group 6

May 7th Mon	HongKong-Guilin	Guilin Park Hotel	Meals: D
15:50	Leave HongKong for Guilin by HX 121		
17:20	Arrive in Guilin and meet at the airport		
18:00-19:00	Board bus and drive to hotel in Guilin		
19:00-20:00	Dinner in the hotel restaurant		
20:00-20:30	Check into the hotel		
May 8th Tue	Guilin-Yangshuo	Yangshuo Leisure Inn Hotel	Meals: B L D
07:00	Morning wake-up call		
07:30-08:30	Breakfast at the hotel and check out (Luggage out and hand keys to tour leader)		
08:30-09:10	Drive to cruise pier		
09:30-14:00	Take cruise to Yangshuo and lunch on the boat		
14:00-14:20	Check into hotel and refresh		
14:30-15:20	Drive to Xinping		
16:00-18:00	Hiking		
18:00-18:40	Dinner at Our Inn		
19:00-20:00	Drive to Yangshuo		
20:00-21:30	Boat ride to watch cormorants fishing		
22:00	Lights out		
May 9th Wed	Yangshuo	Yangshuo Leisure Inn Hotel	Meals: B L D
06:30	Morning wake- up call		
07:00-07:45	Breakfast at hotel		
08:00-08:20	Drive to Moon Hill		
08:30-09:50	Climb the Moon Hill		
10:10-10:30	Drive to cooking school		
10:30-13:00	Cooking class and lunch		
13:10-13:40	Drive to biking spot		
13:50-16:50	Biking		
17:30-18:30	Dinner		
19:00-20:30	Watch Liusanjie Light Show		
21:00	Drive back to the hotel		
22:00	Lights out		
May 10th Thu	Yangshuo	Yangshuo Leisure Inn Hotel	Meals: B L D
07:00	Morning wake- up call		
07:15-08:00	Breakfast at hotel		
08:10-08:40	Drive to rock climbing spot		
08:50-11:30	Rock climbing		
12:00-12:30	Picnic lunch		
12:40-13:10	Drive to Kayaking spot		
13:20-16:30	Kayaking		
18:30-19:20	BBQ Dinner		
18:50-19:30	Drive to west street		
19:40-21:00	Free time at west street		

May 11th Fri	Yangshuo-Guilin-HongKong	Meals: B L
07:30	Morning wake- up call	
08:00-08:40	Breakfast at the hotel and check out (Luggage out and hand keys to tour leader)	
08:50-09:30	Drive to Silver Cave	
09:40-12:00	Visit Silver Cave	
12:30-13:30	Lunch	
13:50-16:00	Drive to Guilin Airport	
18:00	Leave Guilin by HX 122	
19:30	Arrive in HongKong and trip ends	

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:

1. It might rain (even if it rains the whole day, we will still be outside)
2. It might get very hot (and humid)
3. We might get very dirty during the day
4. We will spend our days in a very active way, kayaking, climbing, cycling, so pack for an extended PE-lesson
 - Long pants and shorts
 - Sufficient change of T-shirts
 - Sufficient changes of underwear and socks (at least 6 pairs)
 - Zip-off quick dry trekking pants
 - Hat
 - 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

Must have equipment

- Personal toiletries and a hand towel
- Rain gear
- Headlight/flashlight
- Towel (fast-drying if possible)
- Sun screen/sun glasses
- Small, light day- pack for water, fruit, wallet, etc., preferably a **back**-pack
- Prescription medicine

Optional equipment

- Insect repellent
- Camera
- Electricity converter (China uses 220V and US style plugs)
- Snack foods (e.g. chocolate, peanuts, 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 one small daypack that contains your personal stuff like camera, water bottle, etc. Make sure you bring the daypack.

Caution and Safety

You should avoid contact with domestic or stray dogs and cats as it is unlikely they are vaccinated and they may carry dangerous diseases such as rabies.

You should be responsible for your own valuable items, make sure you keep your valuable things always with you.

Appendix: Background information

Introduction Yangshuo

Yangshuo is a beautiful scenic town with ancient Chinese culture. The town is well-known both at home and abroad for its five wonderful characteristics: green hills, clear waters, fantastic caves, spectacular rocks and sweet scent of osmanthus.

On this trip, we will cycle off the beaten track amongst Yangshuo's backdrop of imposing limestone karsts rising dramatically from a lush rural landscape. Spend time cycling, learning cooking a Chinese meal, or taking a hike along the stunning Li River.

Yangshuo is also Asia's fastest developing sport climbing area. It is an area of unfathomable beauty; about 70,000 limestone towers make up this inconceivable landscape. The rock climbing in Yangshuo will be a whole new and exciting experience of this trip.

Li River Cruise

The Li River Cruise is one of China's most stunningly beautiful journeys. The smooth water exquisitely mirrors a fairy-tale landscape of conical peaks reaching for the sky. These limestone peaks are the vestiges of eroded ancient sea beds. There's something interesting to see from your Li River cruise boat along the banks of almost every bend of the river. You view graceful bamboo groves, farmers tending rice paddies, and lumbering water buffalos pulling carts or cooling off in the river. Length of the cruise is 3-4 hours.

Rock climbing

Yangshuo is also Asia's fastest developing sport climbing area. It is an area of unfathomable beauty; about 70,000 limestone towers make up this inconceivable landscape. The rock climbing in Yangshuo will be a whole new and exciting experience of this trip. Yangshuo is an ideal place for both beginners and advanced climbers. We will have several different- difficulty-level routes to suit the students.

Cooking school

This cooking school is located in a village near Yangshuo and opened by an Australian who loves Yangshuo and the local cuisine. Chinese food is recognized as one of the world's most creative cuisines and cooking it well is considered an art form. Whether a simple family meal or a celebratory banquet, Chinese food is prepared to be shared, and selecting which dishes are served is a matter of balance. In this school, we learn to make 3-4 different dishes. Students finish the lesson under the pleasure of having prepared their own meal.

Liusanjie – Show

The performance named Folk Song Festival of Liu Sanjie (the Third Sister of Liu)- is held a Natural Theatre. Located at the joining point of Lijiang River and Tianjia River, the theatre faces the widely-known Scholar's Page Hill across the river. Its auditorium looks like a green terrace with a panorama vision. Sitting there, the audience can overview an natural scenery within an area of 2 km along the river. Lighting and stereo sets are designed to emphasize the magical landscapes.

Moon Hill

South of Yalong River and just to the west of the highway is a limestone pinnacle with a moon-shaped hole penetrating the hill. Hence the name Moon Hill. It's one of Yangshuo's most visited sights. With an elevation of 380 meters, the hill is 230 meters in relative height and 410 meters in length. There are over 800 marble stairs leading to the cave. It will take us around 30-45 minutes to hike up the hill, first on steps to the cave and then on a small dirt trail to the top.

Biking

In last year program, we did the biking along the Yulong river. It was not the best biking route in Yangshuo after some trips we've done. For next year biking route, we have found a better one, safer, less traffic, and scenery along the biking route is also more beautiful. The whole biking is around 2.5 hours. For students who could not finish the whole biking, we will arrange a small van follow the group, and students could choose to take the van if they could not do the whole biking.

Silver Cave

The Silver Cave located 25 km from Yangshuo County, is a splendid limestone cave. It runs through 12 mountains and a roundabout tour covers approximately 2 km. The cave is deep and irregular, with a great number of stalactites of thousand charms, which, in lights glint like silver, hence the name of the cave. These majestic, diamond-like stalactites decorate the cave and make it into a dazzling place. The cave can be divided into three sections: upper cave, lobby and the lower cave, with dozens of distinctive scenery.