

9 days / 8 nights

Culinary discoveries between Tengchong and Dali

Mangshi – Ruili – Tengchong – Baoshan – Dali – Xizhou – Cangshan Mountain

DATE	Itinerary Summary	Main Attractions
Day1	Arrive at Mangshi Airport	Arrive at Mangshi Airport—Dai Ethnic Hand-Grasped Rice
Day2	Mangshi—Ruili	One Village, Two Countries — Jie Gao Border Gate — China-Myanmar Street — Burmese Afternoon Tea
Day3	Mangshi—Tengchong	Heshun Ancient Town — Tengchong "Da Jiuja" Cooking Experience and Historical & Cultural Introduction — Beihai Wetlands
Day4	Tengchong	Stay at Wangnan Xiaoyuan
Day5	Tengchong—Baoshan	Light Hiking on Gaoligong Mountain—Experience at Biton Coffee Estate
Day6	Baoshan—Dali	Baoshan Station — Arrival in Dali —Cycling along the Erhai Lake Ecological Corridor
Day7	Dali	Bai Ethnic Tie-Dyeing Experience — Xi Zhou Baba (Traditional Flatbread) Making — Tea Making at Mo Cui Tea
Day8	Dali	Cable Car to Cangshan Mountain (Gantong) — Jizhao Nunnery — Three Pagodas of Chongsheng Temple
Day9	Drop-off at Dali Airport	Departure from Dali Airport

Day 1: Arrival in Mangshi

(D) 15 minutes transfer, elevation: 895m

Arrival in Mangshi on the flight booked by you (please specify the reference). Reception by your English-speaking guide who will lead you to your private car and driver for the transfer to your hotel. Along the way, you can enjoy the lush tropical scenery of Mangshi, the capital of Dehong Dai and Jingpo Autonomous Prefecture, renowned for its rich ethnic culture and stunning natural landscapes. Your journey officially begins here. After a brief rest at the hotel, you will have the opportunity to savor the local specialty—Dai Ethnic Hand-Grasped Rice. This traditional dish reflects the deep connection of the Dai people with the land, using fresh, locally sourced ingredients with a pure and natural taste. Before you embark on your exciting journey, this authentic dinner will introduce you to the local culture, serving as the perfect starting point to immerse yourself in the unique charm of the Dai people. **Overnight at Mangshi Feihua Hotel.**

Day 2: One village, two countries

(B, L, D) 120km, 2 hours' drive. Elevation: 895m.

Morning: Depart from your hotel for a 1.5-hour drive to the "One Village, Two Countries" scenic spot. Explore the border village, experiencing the unique blend of Chinese and Myanmar cultures. Afterward, visit the Jie Gao Border Gate, a significant crossing point between the two countries, and learn about its cultural and historical importance. Afternoon: Stroll along China-Myanmar Street, where you can browse local handicrafts, taste street food, and immerse yourself in the lively atmosphere of this border market.

Finish the day with a relaxing Burmese afternoon tea, enjoying traditional Myanmar snacks and tea.

Overnight at Mangshi Feihua Hotel.

[One Village, Two Countries]

"One Village, Two Countries" is located in Ruili City, on the border between China and Myanmar. This unique border village is partly in China and partly in Myanmar, with no clear boundary separating the two nations. Residents from both countries live together peacefully, blending their customs and cultures. Visitors can experience the distinct cultural fusion of both nations within the same village, offering a fascinating glimpse into the friendly interaction and shared traditions of China and Myanmar. It is an ideal destination to explore border culture and natural scenery.

[Jie Gao Border Gate]

Jie Gao Border Gate, located in Ruili City, is a major crossing point between China and Myanmar, playing a key role in trade and cultural exchange. It reflects the strong connections between the two countries, offering visitors a glimpse into the daily interactions and vibrant cross-border culture.

Day 3: Heshun Ancient Town – Tengchong “Da Jiuja” cooking experience – Beihai Wetland

(B,L,D) 150km, 3h drive. Elevation: 1490m.

Morning: Explore the charming Heshun Ancient Town, known for its well-preserved architecture and rich historical significance. Stroll through its narrow streets and experience the cultural heritage of Tengchong.

Midday: Enjoy a hands-on "Da Jiuja" cooking experience in Heshun. Learn about the region's culinary traditions while preparing authentic dishes, followed by a historical and cultural introduction to the local customs and lifestyle. Afternoon: Visit the scenic Beihai Wetlands. Take in the tranquil beauty of this natural reserve, known for its unique ecosystem, floating meadows, and rich biodiversity. Explore the wetlands by boat or on foot to fully appreciate the serene environment. **Overnight at Tengchong Shichu cultural Aesthetic Hot Spring Inn**

[Heshun Ancient Town]

Heshun Ancient Town, located in Tengchong, is famous for its well-preserved Ming and Qing architecture and overseas Chinese culture. Surrounded by mountains, its ancient streets, ancestral halls, and academies reflect deep cultural heritage, making it an ideal place to experience history and a slower pace of life.

["Da Jiuja"]

Tengchong "Da Jiuja" is a traditional local dish with rich cultural significance, originating from the Tengchong region of Yunnan. Legend has it that this dish was prepared to save the emperor during an emergency, hence its name, which translates to "Great Rescue." Made primarily from glutinous rice flour and prepared through several steps, including boiling and stir-frying, it has a soft, fragrant texture. Known for its unique local flavor, it remains a popular and nutritious snack in Tengchong.

[Beihai Wetlands]

Beihai Wetlands, located in Tengchong, Yunnan, is a rare highland wetland famous for its floating meadows and rich biodiversity. It's a picturesque spot, perfect for birdwatching, flower viewing, and experiencing the tranquility of nature.

Day 4: Stay at Wang Nan Xiaoyuan.

(B,L,D) 30 minutes transfer. Elevation: 1490m

"Xiaoyuan" refers to a traditional courtyard-style residence, typically characterized by an enclosed layout with a private yard that often features plants, trees, or small water elements, creating a peaceful and cozy atmosphere. Staying in a "Xiaoyuan" offers guests a secluded, private space while allowing them to be close to nature. It is an ideal choice for experiencing local life and culture. The design combines traditional elements with modern comforts, offering guests a unique accommodation experience.

Spending a full day in the courtyard will be a wonderfully relaxing and healthy experience.

In the morning, you can choose to visit a local farmers' market with the guidance of the staff, where you'll pick the freshest seasonal vegetables and ingredients. The market offers a variety of locally grown organic produce and handmade spices, all carefully selected to ensure they are natural and free from pollutants. If you prefer a more immersive experience with nature, the staff can also take you to an organic farm, where you can handpick fresh vegetables and fruits, experiencing the healthy and green way of life firsthand.

After returning to the courtyard, you can relax and unwind in the peaceful surroundings, breathing in the fresh air and enjoying the tranquility of the countryside. The courtyard's design allows you to fully embrace the sunlight and the beauty of nature. Whether you're sitting in the garden savoring the organic ingredients you selected or harvested yourself, both your body and mind will feel nourished. You can prepare a healthy, delicious lunch with family or friends, or take a restful nap under the warm sunlight. Every corner of the courtyard exudes calmness and comfort, allowing you to feel completely at ease and relaxed.

Throughout the day, you can escape the hustle and bustle of the city, fully immersing yourself in this healthy, natural environment, recharging your body and mind, and enjoying a rare opportunity to slow down and savor life. **Overnight at Tengchong Shichu cultural Aesthetic Hot Spring Inn**

Day 5: Hiking in Gaoligong Mountain – Experience at Biton Coffee estate

(B,L,D) 230km 4 hours drive Elevation: 4000m

Morning: Start your day at Tengchong Shichu Cultural Aesthetic Hot Spring Inn. After a refreshing morning, head to Gaoligong Mountain for a light hiking adventure. Enjoy the stunning views and the diverse flora and fauna as you explore this scenic highland. Afternoon: After your hike, visit the Biton Coffee Estate. Learn about the coffee-growing process, stroll through the lush coffee plantations, and enjoy a hands-on experience with coffee cultivation. Conclude your visit with a tasting session, savoring freshly brewed local coffee amidst the beautiful surroundings of the estate. **Overnight at Biton Coffee Industrial and Cultural Park Inn**

[Gaoligong Mountain]

Hiking in the gene bank offers an exploration of pristine forest secrets, where you can witness a variety of rare trees and mushrooms. The mountain's waterfalls and hot springs add to the immersive experience, making the journey unforgettable. This adventure not only allows you to fully embrace the wonders of nature but also offers a rare ecological exploration that will undoubtedly make the trip worthwhile.

[Biton Coffee Estate]

Biton Coffee Industrial and Cultural Park is the first of its kind in Baoshan, offering an immersive experience where visitors can witness the entire coffee-making process. The park's visual coffee factory resembles a transparent sunroom, with the rich aroma of coffee filling the air. Visitors can learn about every step of coffee production, from the growth of coffee trees, the harvesting and drying of beans, to the processing methods, grinding, and brewing. In addition to theoretical knowledge, hands-on guidance is provided, allowing visitors to gain a deep understanding of coffee.

At Biton Coffee Estate, you can choose from the following experiences (ranging from 30 RMB to 168 RMB): Guided tour/ Traditional craftsmanship experience/ Coffee fruit picking and processing (November–April) /Initial processing experience /Modern coffee craftsmanship experience / Single-process experience/ These options cover the entire coffee-making process, from traditional to modern techniques, catering to the interests of all visitors.

Day 6: Baoshan – Dali – Erhai lake

(B,L,D) 100km 2.5h drive. Altitude: 1980m.

Morning: Depart from Baoshan Railway Station to the train C342 Dali (09.05 – 10.33), a scenic city known for its cultural heritage and natural beauty. Upon Arrival in Dali: After arriving, get ready for an exciting cycling adventure along the Erhai Lake Ecological Corridor, where you can enjoy the stunning views of Erhai Lake, the surrounding mountains, and the fresh, crisp air. The ecological corridor offers a peaceful and scenic route, perfect for taking in the natural beauty of Dali while cycling at a relaxed pace. **Overnight at Dali Golden Years Inn.**

[Erhai Lake Ecological Corridor]

The Erhai Lake Ecological Corridor, located in Dali, Yunnan, is a scenic green path built around Erhai Lake. The corridor follows the lakeshore, passing through historical and cultural villages as well as natural landscapes. It offers convenient cycling and walking routes while showcasing the natural beauty of Erhai and the achievements of ecological preservation. Visitors can enjoy the stunning views of the lake and mountains while experiencing local culture, making it an ideal route for leisure, sightseeing, and ecological education.

Day 7: Xizhou Bai culture experience – Tea harvesting at Mo Cui Tea

(B,L,D) 45km/1h drive. Altitude: 1980m.

Morning: Start with a hands-on Bai ethnic tie-dyeing experience, learning traditional techniques from local artisans. Create your own unique piece of dyed fabric using natural dyes, a craft passed down through generations. Midday: Participate in a Xi Zhou Baba (traditional flatbread) making session, where you'll learn how to make this popular local snack from scratch. Enjoy the process of kneading, shaping, and baking, followed by tasting your freshly made flatbread. Afternoon: Head to Mo Cui Tea for a tea-making experience, where you'll learn about the intricate process of tea cultivation, processing, and brewing. Enjoy the serene atmosphere as you immerse yourself in the art of tea-making and sample different types of tea. **Overnight at Dali Golden Years Inn.**

[Bai Ethnic Tie-Dyeing]

The Bai ethnic tie-dyeing experience in Xizhou is a traditional craft known for its unique dyeing techniques and intricate patterns. This centuries-old art uses natural plant dyes, such as indigo, and involves hand-stitching and binding to create beautiful designs. During the experience, participants can choose their fabric and patterns, then fold, bind, and stitch the fabric to prepare it for dyeing. Once prepared, the fabric is dipped into the natural dye, allowing the colors to penetrate and set. Afterward, the stitches are removed to reveal the magical patterns formed through the process.

This tie-dyeing experience is not only an opportunity to learn a traditional craft but also a chance to engage deeply with Bai culture. It allows participants to appreciate the charm of handmade art and experience the joy of creating something unique. Whether kept as a personal souvenir or given as a gift, these handcrafted tie-dye pieces hold both cultural significance and artistic value.

Day 8: Cangshan Mountain – Jizhao Nunnery – Three Pagodas

(B,L,D) 6km/ 20 minutes drive. Elevation: 1980-3920

Morning: Take the Gantong Cable Car up to Cangshan Mountain, where you can enjoy panoramic views of Dali and Erhai Lake. As you ascend, you'll be surrounded by the natural beauty of the mountain, including lush forests and scenic trails. Midday: Visit the peaceful Jizhao Nunnery, a serene Buddhist retreat nestled on Cangshan Mountain. Explore the tranquil surroundings and admire the beautiful architecture, while taking in the spiritual atmosphere. After exploring the serene grounds, enjoy a vegetarian lunch prepared with fresh, local ingredients in a traditional Buddhist style, reflecting purity and simplicity. This meal offers a calming and reflective experience in the peaceful atmosphere of the nunnery. Afternoon: Conclude your day with a visit to the iconic Three Pagodas of Chongsheng Temple, a symbol of Dali's rich cultural and religious history. These ancient pagodas, set against the backdrop of Cangshan Mountain, offer stunning views and an opportunity to explore the historic temple grounds. **Overnight at Dali Golden Years Inn.**

Day 9: Departure from Dali

(B) ~ 1h transfer

Free start of the day without a guide or driver, your driver will arrive at your hotel to pick you three hours before your flight departure and assist you with your luggage. End of our services, we wish you a pleasant return home, beautiful memories in mind!

[Cangshan Mountain]

Cangshan Geological Park, located in Dali, Yunnan, centers around the majestic Cangshan Mountain, showcasing rich geological formations and unique natural landscapes. The park features towering peaks, stunning glacial remnants, fascinating rock formations, and diverse vegetation. Cangshan is not only an iconic landscape of Dali but also an important site for geological and ecological research. Visitors can admire the breathtaking views of peaks, valleys, and waterfalls while exploring the unique geological wonders of the mountain. The park also offers several hiking trails, making it a perfect destination for adventurers and nature enthusiasts.

[Jizhao Nunnery]

Jizhao Nunnery, located in the tranquil Cangshan Mountains of Dali, is an ancient and peaceful Buddhist temple. Known as a quiet retreat for monks, it offers a serene environment with simple yet elegant architecture, attracting visitors seeking inner peace. Surrounded by dense forests and mountain peaks, the nunnery provides a calm atmosphere far removed from the hustle and bustle of daily life. Jizhao Nunnery is also famous for its vegetarian meals, prepared with fresh local vegetables and ingredients, offering a light yet flavorful dining experience that leaves visitors feeling refreshed and spiritually cleansed. It is an ideal destination for those seeking spiritual tranquility and the beauty of nature.

Our selection of hotels for your tour in Yunnan:

Mangshi: Mangshi Fenghua Hotel

Mangshi Feihua Hotel draws inspiration from the rich cultural heritage of Yunnan, distilling vibrant ethnic elements into luxurious spaces that include the hotel lobby, various themed guest rooms, stylish restaurants, a conference center, and a commercial center. The hotel offers an elegant experience, showcasing the unique charm of Dehong Mangshi for a truly exceptional stay. Every guest is embraced by a sense of relaxation and joy, as if returning to nature. Every moment spent here will become a memorable highlight of their life's journey.

Tengchong: Tengchong Shichu cultural Aesthetic Hot Spring Inn

Tengchong Shichu·Cultural Aesthetic Hot Spring Inn is a boutique guesthouse that blends the unique cultural charm and natural beauty of Tengchong. Offering a relaxing hot spring experience, the inn features thoughtfully designed spaces that showcase local culture and art. With its serene and elegant environment, combining modern design with traditional elements, it provides a comfortable and aesthetically pleasing retreat. Guests can unwind and enjoy a one-of-a-kind hot spring vacation immersed in the harmony of nature and culture.

Baoshan: Biton Coffee Industrial and Cultural Park Inn

Biton Coffee Industrial and Cultural Park Inn is one of the newly opened hotels in Baoshan, officially operating since October 31, 2021. Located in Lujing Town, Longyang District, Baoshan, the inn covers an area of 50 mu and offers a variety of room types. It combines accommodation, coffee, dining, and conference facilities, making it an ideal leisure and vacation destination. With convenient transportation and a prime location, the inn boasts comprehensive facilities, a beautiful environment, and attentive service. The hotel's relaxation area is designed to meet your quality needs, making it a perfect choice for leisure vacations, business meetings, meditation retreats, or weekend getaways.

Dali: Dali Golden Years Inn

Dali Golden Years Inn is located in the heart of Dali Ancient Town, offering a prime location with convenient access to local attractions. The inn provides a comfortable and cozy environment, featuring a unique design that blends modern amenities with the cultural elements of Dali Ancient Town. The inn offers various room types, including King Rooms and Twin Rooms, to meet the needs of different guests. With its serene atmosphere and well-equipped facilities, the inn allows guests to experience the perfect harmony between history and modernity. Whether you're here for sightseeing or a relaxing getaway, Dali Golden Years Inn is an ideal choice for your stay.



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Our agency in China

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Associative engagement

. €2 per traveler donated to 2 charities:

- Colors of China: Sponsorship for the schooling of girls in northern Guangxi
- Children of the Mekong: Schooling of children in Upper Yunnan
- + **planting a tree per traveler** with the Yves Rocher Foundation "Plantons pour la Planète"

"Homemade" tours - authentic traveler feedbacks

Our circuits, and more generally all the content we create and publish, are the result of extensive research and experience of more than 15 years. But they are regularly - not to say constantly - copied. Don't be surprised, but just recognize the copy of the original!

We do not post fake traveler reviews as this has unfortunately become common on the Internet. All comments on the forums and our sites are guaranteed authentic! Several testimonials from alumni of our travelers here: Travel comments from China

RATE - based on 1/2 travelers in double/twin rooms - INCLUSIONS and exclusions:

Culinary experience from Tengchong to Dali (9 days/8 nights)

- 27700 RMB (3551 euros) per person based on 1 people
- 15300 RMB (1962 euros) per person based on 2 people

Note: Exchange rate applied during the day of booking: €1 = ~ RMB 7.8 (Bank of China)

- *Deposit on booking of 50% of travel expenses, by transfer or credit card in France*
- *Balance 3 weeks before departure, again by bank transfer or credit card in France*

This rate includes:

- ▶ Accommodation in the mentioned hotels with breakfast (except when noted)
- ▶ All transfers by private vehicle as mentioned in the program
- ▶ Tickets for visits and fees for the activities mentioned in the program
- ▶ English-speaking guide from day 1 to day 8 and tour fees throughout your trip
- ▶ Meals and drinks as described on a daily basis (B,L,D)
- ▶ 24/7 assistance from our agency in Kunming, insurance and guarantees from our French agency

This rate does not include:

- ▶ Personal expenses and activities not explicitly mentioned in the program
- ▶ Tips to the drivers and the tour guide
- ▶ Personal travel insurance and Chinese visa fees
- ▶ International and domestic flights (possibility to include them in our quotation)

Program proposed by _____ to the attention of _____ dated _____,
subject to slight change due to schedule changes or cancelation of airlines,
availability of guides and hotels or bad weather.



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