



2nd Floor, 42 Guihua Lu, Yangshuo,
 Guilin, Guangxi, 541900 PR China.
 Tel & Fax +86 (0) 773 882 6521
www.bikeasia.com
 Hong Kong Company Reg. 866049

Tiger Leaping Gorgeous
Yunnan Province: South-West China

Day		Meals	Km cycling
1	Kunming. Arrival day.	D	
2	Lijiang. Morning flight to Lijiang. Orientation of the old town. Free afternoon.	BLD	
3	Lijiang. Day ride around Lashi Lake. Lunch at Zhiyun Buddhist temple.	BL	39
4	Bai Shui He. Cycle from Lijiang to Bai Shui River.	BLD	52
5	Haba. Cycle from Bai Shui to Daju. Cross the Yangtze, hike, and transfer by vehicle to Haba. (30km)	BLD	61
6	Tiger Leaping Gorge. Free morning. Cycle from Haba to Walnut Grove, Tiger Leaping Gorge.	BLD	34
7	Tiger Leaping Gorge. Rest day.		
8	Shigu. Cycle out of the gorge and along the Yangtze river to Shigu.	BLD	74
9	Shaxi. Cycle from Shigu to Shaxi.	BLD	93
10	Shaxi. Rest day.	BD	
11	Er Yuan. Cycle from Shaxi to Er Yuan.	BLD	63
12	Dali. Cycle from Er Yuan to Dali.	BLD	53
13	Dali. Free day.	B	
14	Kunming. Travel by express bus to Kunming.	B	
15	Kunming. Departure day.	B	
	Total distance		469kms

*Whilst every endeavour will be made to run the itinerary as stated, Bike Asia reserves the right to change any part of the itinerary at any time without notice due to weather, political, health and safety concerns.

Yunnan is one of China's most ethnically fascinating and scenically stunning provinces. Home to over one third of China's minority groups and over half of all China's plant and animal species it is easy to understand why Yunnan leaves our travellers raving about it! Cycling the back roads you will experience the extraordinary natural wonder of Tiger Leaping Gorge, the deepest gorge in the world, with its towering walls and dramatic beauty. You will meander along the majestic Yangtze River and kick back in the laid-back, cobblestone towns of Dali and Lijiang where you can try your hand at haggling in the local markets. This area is in the foothills of the Himalayas where snow-capped peaks, dramatic ravines and pine forest meet rural villages and rice fields. A balance of steep climbs, dizzying descents and smooth flat roads makes this trip suitable for anybody. Yunnan is cycling at its best!

Day 1: Kunming

This is arrival day and you'll be met by your Bike Asia leader in the evening to go over the trip ahead. Kunming is a great place to explore with its wide boulevards and modern shopping centres giving way to back lanes and old wooden buildings. There are plenty of things to keep you busy if you arrive early. Check out the Tang Dynasty Pagodas or join the Buddhist pilgrims to the 1000 year old Yuan Tong Temple, the largest of its kind in Kunming. This temple is a great place to try Buddhist vegetarian cuisine. We will meet in the evening for the group meeting to go over the formalities of the trip. For dinner, we will head to sample some of the local cuisine – maybe dinner at one of the nearby Muslim restaurants with their array of spiced meats, fresh vegetables, noodles and stuffed sweet breads!

Dinner

Day 2: Lijiang

After a short flight we find ourselves in the World Heritage listed town of Lijiang. You will have time to explore the ancient cobblestone alley ways and canals of the Old Town that is home to the intriguing Naxi minority people. This is a shopper's delight with all sorts of handcrafts and souvenirs lining the streets of the old town. It's also a great place to grab a coffee and watch the world go by. Optional activities such as a visit to Black Dragon Pool, with its famous reflected views of Jade Dragon Snow Mountain, a visit to Mu Mansion or a performance of the ancient orchestral compositions by one of the many Naxi orchestras are there for you to enjoy. We stay in the Old Town so everything is at your doorstep.

Breakfast, Lunch and Dinner

Day 3: Lijiang – Cycling 39kms

We gear up for an awesome warm-up ride around the beautiful Lashi Lake. This is a great ride in itself but also a good chance to get used to your bike and condition the legs with some hills and some good off-road! Cycling around the lake will bring us into the local rural life as we meander through several Naxi and Yi minority villages. We stop for lunch at Zhi Yun temple, a small monastery that has been renovated after having been destroyed during the Cultural Revolution.

Breakfast and Lunch

Day 4: Bai Shui He – Cycling 52kms

This ride is varied and spectacular as we take the back roads out of Lijiang past Baisha village, known for its Buddhist fresco paintings. We reach a tar sealed road which takes us winding up for a short way to Yu Feng Temple and then a quick downhill to reach the ascent that will comprise most of the day's cycling. We catch many glimpses of the dramatic snow capped peaks of Jade Dragon Snow Mountain on our route. We reach the day's high point in evergreen pine forests before an exhilarating down hill run to Bai Shui He water terrace, our home for the night. You'll have time to stroll down to these calcified terraces, a result of the heavy mineral laden mountain waters reacting to sunlight, and have your photo taken astride a yak in the brilliant blue waters!

**Please Note: At this time the accommodation regulations for Jade Dragon Snow Mountain National Park have changed which has made it necessary for us to transfer back to Lijiang after this day's ride. On Day 5 we will transfer from our hotel in Lijiang to pick up the cycling from Bai shui He. The cycling is unaffected in any way and this change does not alter the cost of the trip. We will revert to the original itinerary if, or when, accommodation in the park becomes possible.*

Breakfast, Lunch and Dinner

Day 5: Haba – Cycling 61kms

This is a big day! With Jade Dragon Snow Mountain behind us we start the first of two ascents for the day. The first is an easy climb on a great paved road. This will bring us up into the mountains and some of the most spectacular scenery on the trip. A

speedy downhill with lots of hairpins brings us to our second climb for the day. This will take us up a cobblestone road to a height of 3300m. You'll more than likely feel the altitude on this climb but the reward is a downhill of 34Kms on cobblestones through many small farming villages nestled into the mountainside! This is a dream for speed freaks. The only downside is that you don't want to keep your eyes on the road as you miss out on the views! This long descent brings us to our lunch stop in Daju. Daju is situated on the Yangtze River at the northern end of the imposing Tiger Leaping Gorge. We should arrive there in the early afternoon. After lunch we ride 4 km to the Yangtze River ferry. Our support vehicle can't cross the river here so it leaves us with our bikes and day packs and heads off to meet us in Haba the next day. It's a steep climb down to the ferry so we have porters carry the bikes. This is one of the biggest rivers on the planet and we cross its swirling waters on a Chinese barge. Up the other side is another steep climb after which we say goodbye to the porters and then it's back on the bikes to meet our transfer on the main road. From here we travel in support vehicles the 30 odd km to our guesthouse in Haba. We will be cycling this section tomorrow.

Breakfast, Lunch and Dinner

Day 6: Tiger Leaping Gorge – Cycling 34kms

In the morning we have an optional hike into the Yi and Hui villages that sit on the slopes of Haba Mountain above our guesthouse. This is a great chance to meet some of the locals who may, if we are lucky, invite us in for a chat or a cup of tea! After lunch we'll get back on the bikes and we are in for an exciting 25km downhill (the same section we did in the vehicle the previous afternoon). We enter the gorge and cycle to our lodgings for the night. Riding in the gorge is a highlight for many people on this trip with its overhangs, steep walls and waterfalls. We cycle halfway through the gorge to our guesthouse at Walnut Grove; the guesthouse with possibly the most spectacular view in all of China.

Travelling in the gorge does pose some risks. There are often landslides in summer, and while we only schedule our trips outside of the landslide "season", their occurrence is outside our control. For this reason we cannot guarantee your safety on this part of the trip. You will need to consider this before signing up. In the event of a landslide we may have to alter the itinerary which means that we cannot guarantee a continuous ride through the gorge but will have to detour around it. This may take several hours or up to a whole day. We are always in communication with local contacts with regard to local conditions and are committed to keeping you informed but will always reserve the right to alter the itinerary where we see fit in order to ensure the safest possible experience.

Breakfast, Lunch and Dinner

Day 7: Tiger Leaping Gorge - Free day

There is no place more fitting to spend a day of rest and relaxation than immersed in the beauty of Tiger Leaping Gorge. For the energetic there are plenty of hiking opportunities; walk the plunging forest tracks to the gorge itself or venture off on the high trail to plunge yourself into a gushing waterfall. Otherwise sit back, relax and soak in the truly awe inspiring views of this remarkable natural wonder.

Day 8: Shigu – Cycling 75kms

We meander our way out of the gorge and along the Yangtze River passing mud brick villages on quaint tree-lined, tar-sealed roads. This area is home to many minority groups including Dai, Yi and Naxi people. We get up close and personal with rural China as we see people going about their daily lives. We stay overnight in the tiny historical town of Shigu, known for its location on the 'first bend in the Yangtze River'. Though popular with local Chinese, prepare to be the centre of attention as it's likely we will be the only foreigners there! A wander about this small town will take you

back into the past as many old courtyard houses, cobblestone streets and temples remain as they have been for ages.

Breakfast, Lunch and Dinner

Day 9: Shaxi – Cycling 93kms

There is a sense of timelessness as we cycle through villages whose cultural traditions and simple life-styles have remained relatively unchanged for centuries. Often we'll come across a local market bustling with activity and blocking off the road. This is a great chance to mingle with locals of differing ethnicities, all sporting their own particular traditional clothing, bargaining for and selling local produce and the necessities of life. This is our longest days cycling of the trip and we start with 16 km of uphill! We'll ride through the town of Jianchuan before heading off to Shaxi. If our pace has been good then we may get a chance to stop at "Shibaoshan Shiku" Stone Treasure Buddhist Grottoes. These are old Buddhist shrines carved into the mountain rock, some still carrying the last of fading pigments. These are a legacy of the trade route which, although it was designed to carry tea, also spread Buddhism throughout the region. One last big uphill and a bumpy downhill before a long flat cobblestone run into Shaxi, a historic town that was once a hub on the Tea Horse route.

Breakfast, Lunch and Dinner

Day 10: Shaxi - Free day

This is a free day for you to wander around Shaxi town and see the old architecture – untouched by modernity and new construction (a rarity in China today!). This is the perfect place to get yourself lost in the narrow, cobblestone alleyways of the town, get a close look at intricately carved wooden entrances and hopefully catch glimpses of the well-fenced and attractive courtyards of many of the homes in Shaxi.

Breakfast, Lunch and Dinner

Day 11: Er Yuan – Cycling 63kms

We hit the road with a big, steep climb on cobbles before we hit dirt to the top, all the way cycling through a heavily wooded forest of pine trees. We've been warned by locals to keep a close eye out for ghosts in this area! The view is spectacular, overlooking the valley all the way to Jianchuan. The road down is endless hairpins on a rutted road. Rough stuff, but it's a good way to work up an appetite for lunch. The afternoon ride is a nice flat run through endless rice fields which change with the seasons. We cycle down through a ravine into Er Yuan, the location of our hotel for the night and their relaxing hot springs ...so bring your bathers!

Breakfast, lunch and Dinner

Day 12: Dali – 53kms

Today we share our cycling with bell-laden horses and carts as we continue travelling on the Old Tibet Road to Dali. We follow a circuitous route that takes us to Er Hai Lake. We skirt the shores of this huge inland sea, passing through fishing villages and farming communities. This is a spectacular finale as we head up the hill toward the ancient walled capital, Dali. The Cang Shan Mountains rise behind Dali as we cycle our last few kilometres to our finishing point! We'll feast and celebrate the completion of our ride with a beer or two!

Breakfast, Lunch and Dinner

Day 13: Free Day - Dali

Dali is home to over 1.5 million Bai minority people whose culture, crafts and warm hospitality create its renowned laid-back atmosphere. You are spoilt for choice with things to do and see. You can visit the colourful Shaping Markets, see the preserved architecture of Xizhou village, hike up to Zhonghe Si temple or just do a good day's shopping! The day is yours to do with as you like!

Day 14: Kunming

We take a bus back to Kunming, arriving in the afternoon. Our last night together means dinner and celebrations!

Breakfast

Day 15: Kunming- departure day

This is departure day so you are free to leave at any time of the day.

Breakfast

Bike Asia Travel Style

We think cycling through a region for the first time with a group of like-minded people is a great way to travel in Asia. Our aim is to provide you with the opportunity to meet new people, learn about new cultures, experience different landscapes and most all to have some fun. Cycling is a major part of our trips – they are cycle tours after all. We have designed them so that they are accessible to people with a reasonable level of fitness. Different trips will require varying degrees of physical ability. Each trip dossier has specific details on terrain, cycling conditions, distances covered each day and an altitude profile. All of our trips are fully supported, so should you want or need to take a rest, there will be a seat for you and a place to put your bike. Our trips are also designed to allow you the opportunities and time to appreciate the environment, scenery and culture around you, and to participate in any activities that may be on offer.

Ethical travel

An integral part of travelling is to have a positive impact on the country that you are visiting. On this trip there are a number of things you can do to have a positive impact on the communities that we visit.

Dress Parts of China are still quite conservative. In rural areas and temples overly revealing clothing is considered offensive. You should make an effort to dress more conservatively in these situations. Walking around a village in bike shorts is not appropriate so if you wish to cycle in just bike shorts you should have something with you, on the bike, to put on over the top (long loose shorts or a skirt/sarong). When visiting temples shorts are acceptable providing they cover the knee. Singlet tops are not acceptable in temples.

Phrase Book A highly memorable part of your travels will be the local people you meet. In the tourist areas some people will speak English but away from these areas you should learn a few words of Chinese. We will teach you some of the basics but if you want to really interact we recommend bringing a phrase book.

Donations Often when coming on trips overseas people like to bring items such as sweets, pens and books for children or old clothing for families. While this is a fantastic idea, if distributed in the wrong way it can actually create more problems. Giving away anything to local people can create an expectation that visiting foreigners equals free give-aways. In some communities in Asia this has created whole villages where the only interaction is the locals asking for things. If you would like to donate anything to the communities that we visit we suggest that you give the items to us and we will then pass them on to development organizations, schools or whole communities. In this way items are distributed to those really in need by those working in the communities.

Poverty In China there is poverty which you may see. If you choose to give something to a beggar you must bear in mind the value of money in the country you are visiting. There are organizations which are working to alleviate this poverty and may be able to do more good with donations that you make. Your Tour Leader will be able to provide more information about this.

Support Organizations In China there are a number of organizations that we hope you can support in one way or another. Your Tour Leader will provide more information on these as you travel through China.

Group size

Minimum 3

Maximum 12

Accommodation

There is a mix of accommodation styles on this trip. 11 nights are in standard hotels/guesthouses - twin share, private bathrooms, hot water, television, air-conditioning etc. 3 nights are in more basic style accommodation – shared washing and toilet facilities, some have dormitory sleeping arrangements. We are staying in these places because, travelling by bike, we get to travel through some of the smaller, rural areas, and this means of course that we are limited in our choice of accommodation – sometimes we are staying in the ONLY guesthouse. Whilst not of a service standard that you may be accustomed to at home, we can safely say that these small, family-run places make up for that in location, views, atmosphere and friendly service. All the sleeping arrangements are for twin share so if you are a single traveller you will be paired up with someone of the same sex. This ensures that whether you are travelling solo or with friends, everyone is paying the same rate. We choose hotels (where possible) that are comfortable, centrally located places which are adequate in every way.

Inclusions

- 14 nights accommodation (11 nights hotel/guesthouse, 3 nights basic guesthouse)
- All transport en route (whilst cycling) including the domestic flight ticket Kunming – Lijiang and the bus from Dali to Kunming
- Good Quality Mountain Bike
- Bike tools and spare parts
- Meals: Breakfasts (13), Lunch (9), Dinner (10)
- All water and snack food whilst cycling
- Local cycling guide and driver
- Bike Asia tour leader
- Support Vehicle

Transport

All transport listed is included in the trip price: the domestic flight to Lijiang, all support vehicles (one or two depending on the group size) and the bus from Dali to Kunming at the end of the cycling component. You will need to pay for any transport taken during free time.

Transfers Individual arrival and departure transfers can be organised through us, for a fee, if you let us know when booking the trip.

Bikes

Bikes are included in the trip cost. Our mountain bikes are entry-level standard. We keep them well-maintained and we travel with all necessary tools and a variety of spare parts. We use Hasa bikes with the following specifications;

Hard tail (front suspension)

Shimano 21 speed gears

Shimano v-brakes

Off road tyres

One bottle cage

Ergonomic seat

A range of sizes

You may wish to bring your own pedals, clips, seat and handle extensions, as we can easily fit them to our bikes.

You are of course welcome to bring your own bike. Keep in mind though, that while we offer maintenance and spares for the bikes we provide, we can't guarantee that we can cater to your particular bicycle needs so it is best to bring your own. If you are unsure we recommend that you speak to your local bike shop about what parts to bring.

To see the bikes we use go to: www.bikeasia.com/info/bike.html

Because we travel with a support vehicle it is not necessary to carry many things when on the bike. You may like to carry a daypack, bumbag or handlebar bag with personal belongings, camera, sunscreen etc., or you may prefer to leave a daypack in the support vehicle and carry only a camera & rain jacket (perhaps in a seatpost bag) when cycling.

Food

Food is a very important part of any travel experience. Most of the meals are included in the trip cost, with a few exceptions like free days. To see which meals are included, read the inclusions list or the itinerary. Vegetarians and vegans are well catered for and should you have any other dietary restrictions, you just need to inform us. Chinese breakfasts usually include one or more of the following; noodles soup, steamed buns, fried bread, fresh soy milk and green tea. Lunch we try to keep relatively simple, so it is usually vegetable fried rice or meat/vegetable noodles. Dinner is always banquet style with plates of meat, fish, vegetables, tofu and rice. The food is healthy, very fresh and very tasty, so don't worry, we'll make sure you have more than enough fuel to get up those mountains!

Money

You will need to bring money on the trip to pay for the following; some meals, drinks, activities in the free time, departure tax and of course shopping. We suggest you utilise a variety of methods for accessing money. There are;

- ATMs where you can access money using your Maestro, Cirrus, Visa and MasterCard.
- Venues to exchange all forms of foreign currency and Traveller's Cheques.
- Limited credit card facilities.

The amount you bring is going to depend on how much you plan to spend. To give you an indication of prices

Beer would cost CNY 4 (local), 15 (bar)

Dinner at local restaurant CNY 10 - 20

Dinner at foreign restaurant CNY 25 - 40

The Chinese currency is the Chinese Yuan (CNY). Exchange rates at the time of writing are;

1 AUD = 6.1 CNY

1 USD = 7.8 CNY

1 EUR = 10.3 CNY

1 GBP = 15.3 CNY

1 CAD = 6.8 CNY

1 NZD = 5.4 CNY

As there will be very few opportunities to spend money whilst cycling, most of your shopping will need to be done in Kunming, Lijiang and Dali.

We also recommend that you bring US \$100 in emergency funds, to be used when circumstances beyond the control of Bike Asia necessitate a change in itinerary.

Insurance

Obtaining your own travel insurance is required in order to participate on a Bike Asia trip. It will need to include a minimum coverage of medical expenses with emergency evacuation, personal liability and accident insurance. Your group leader will need to see a copy of your insurance at the group meeting on the first day.

Some popular insurance companies are:

World Nomads:

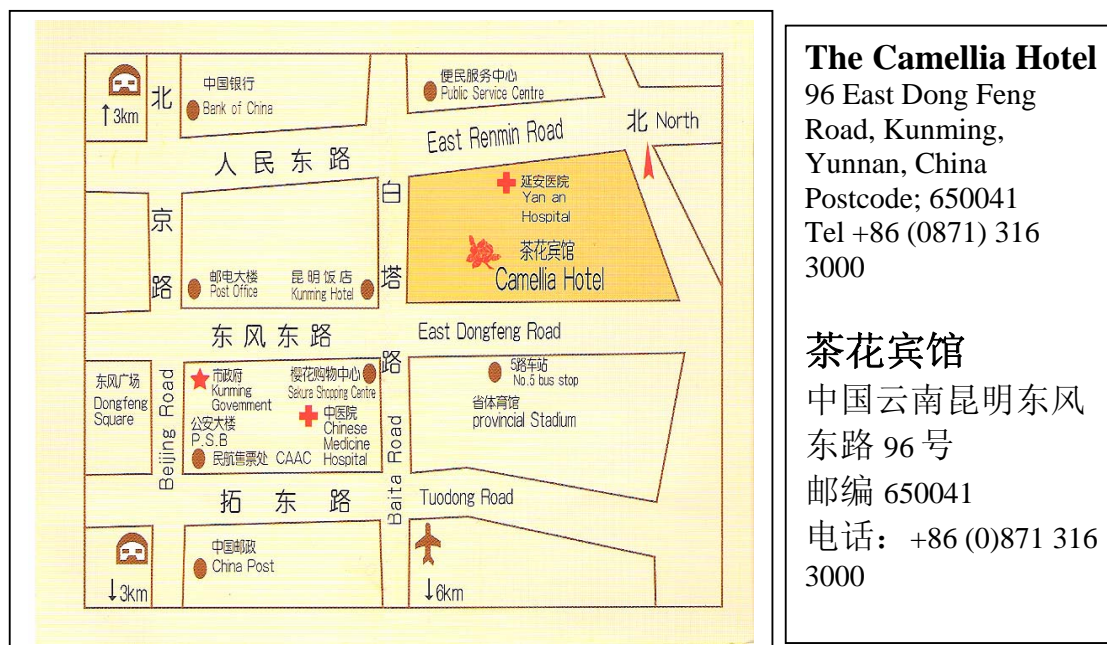
www.worldnomads.com

Covermore:

<http://www.covermore.com>

Joining point instructions

You will need to arrive at the starting point hotel in time for the group meeting, which will be held on the evening of day 1. The hotel is located in the centre of the city, with twin-share rooms, private bathrooms, hot water and television and 24 hour reception. The hotel address is:



Fitness

You will need to a reasonably good level of fitness to participate in this trip. There are eight cycling days in total, with most days cycling over 60km and one day over 90km, some on unsealed roads. This trip involves a lot of long mountain climbing. The cycling is done at an altitude between 1600 – 3300 metres above sea level. It is a great idea to do at least some cycling in the month leading up to your tour. This is up to you but we highly recommend some training as it will alleviate saddle soreness and leg fatigue, and you may enjoy the tour more if you find the cycling easier.

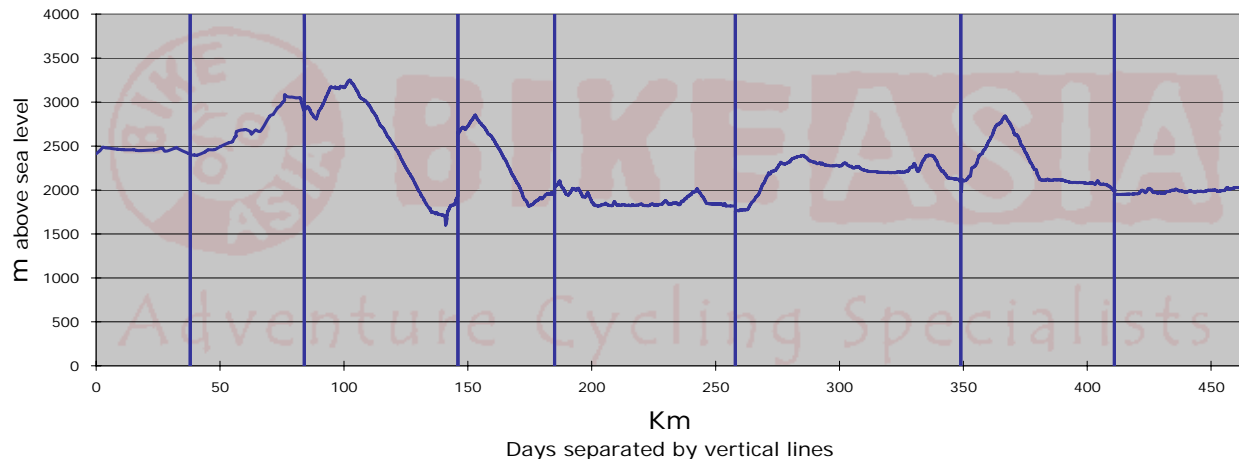
Cycling conditions

The terrain is a mix of sealed surfaces, unsealed surfaces and off-road (75% sealed, 15% unsealed and 10% off road). The unsealed means cobblestones! Traffic is

mostly quiet but with some busy sections. In China you need to be constantly alert for vehicles, potholes, animals, people... everything really! Much of the terrain is hilly with climbs on most days.

Altitude Profile

Yunnan BCY Altitude Profile



Health

In order to make the most of your holiday, the healthier you are the more you will enjoy it! For a list of vaccinations we recommend that you seek advice at a travel clinic at least six weeks prior to departure. Our group leader will have Senior's Level first aid training and will travel with a first-aid kit, however it is also recommended that individual travellers have a basic first aid kit with any personal medical requirements. Our group leader is not authorised, for legal reasons, to administer any kind of drugs, including pain relief tablets, antibiotics etc so be sure to pack a supply of your favourite pain-killers. Pharmacy products vary in different countries and you may not be able to buy products that are widely available at home. Include the following: plasters, dressings, bandage, calamine lotion (a must for soothing sunburn), oral re-hydration treatment (in case of bouts of diarrhoea), insect repellent, insect sting relief, antiseptic cream and antiseptic wipes.

For more information on travel health, you can click on the links below:

Australia;

<http://www.tmvc.com.au/>

United States

<http://www.cdc.gov/>

United Kingdom

<http://www.travelhealth.co.uk/>

Lonely Planet

<http://www.lonelyplanet.com/health/>

Visas

Travellers of all nationalities will need to obtain a Chinese visa, either through a travel agent or direct with a Chinese embassy or consulate. For the latest information, see your travel agent.

Luggage/Packing list (guide only)

We strongly advise against using a hard shell suitcase for this trip. China is not a suitcase or wheelie-bag friendly country. A **soft backpack** would be the most suitable, and the easiest to transfer in/out of the trucks in the morning and evening, up and down staircases and in and out of airports. Keep in mind when you are packing that often our local crew are lifting our bags in and out of the luggage truck, so try to pack as lightly as possible. Please check our climate charts to assess your clothing requirements, or contact us if you are unsure.

Personal	Travel	Bicycle
<ul style="list-style-type: none"> • Long trousers • Shorts • Shirts • Warm jacket • Thermals • Woollen socks • Jumper • Hat • Sandals/light shoes • Swimming costume • Sunglasses • Light rain coat • Toiletries • Tampons (hard to get in China) • Small towel • Sunscreen • First aid kit • Mosquito repellent • Camera and film • Contact solution • Gloves/scarf 	<ul style="list-style-type: none"> • Passport with 6 months validity and China visa • Passport photo • Travel insurance details • Flight tickets • Money - travellers cheques/cash/ credit card • Guide/phrase book • Money pouch • Sleep sheet • Medication (i.e.; cold tablets, headache tablets, sleeping tablets) • Day pack: big enough for over-night essentials • Alarm clock • Plastic bags • Pocket knife • Torch 	<ul style="list-style-type: none"> • Something to carry your personal belongings in while cycling, eg. daypack, bum bag, handlebar bag. • Helmet • Cycling gloves • Water bottle/bladder • Sunglasses • 2 x padded Bike shorts with something to put on over the top when off the bike • Your own seat, pedals, cleats. (optional) • Light wind-proof jacket for cycling • Cycle shoes (with cleat attachment if you use them) • Optional handle bar extensions & gel seat cover

Pre/post trip accommodation

If you would like us to organise some extra nights accommodation either before or after the trip at our start or finish point hotel, just let us know when you book the trip. Prices are:

City	Hotel name	Cost p/person-single	Cost p/person-twin
Kunming	Camellia Hotel	AUD 35	AUD 22
		CAD 29	CAD19
		EUR 20	EUR 14
		GBP 15	GBP 10
		NZD 40	NZD 27
		USD 30	USD 20

Tipping

One of the reasons that our trips run so well and are so much fun is the effort and energy put in by our local crew. On this trip, we will have a driver and local cycling guide. Their mix of professionalism, enthusiasm and sense of fun are infectious. We recognise that the wages in an economically developing country are vastly different to ours and ask that if you are satisfied with the service you show your appreciation with a tip. Your group leader will collect this at the end of the trip and organise a small thankyou presentation. As an indication only, we recommend you allocate USD 30. Tipping is **NOT** compulsory and it is meant to be a reward for good service.

Safety

Our cycling tour leader has the authority to change or cancel all or part of this trip if it is deemed necessary due to safety concerns. This decision would not be taken lightly, and where possible it would be made in consultation with our local crew, local operator and Bike Asia management. Your leader will be present on all included activities, staying at all the same hotels, guesthouses and of course cycling with you. During free time, should you choose to participate in any optional activities that are not part of our itinerary, please note that we cannot give any representations or guarantees about the safety of the activity, the standard of the operators running them or the equipment that they use.

In the group meeting, the cycling leader will run a session on 'cycling safety'. Whilst some travellers will have years of touring experience, for others, this might be their first cycling trip ever. We need to cater for a range of abilities and experience and it is in everyone's interest to learn about the particulars of cycling in this region from someone who has already done it. It goes without saying that by running and participating in a cycling trip, both parties accept an inherent level of risk. However, we take the safety of our passengers very seriously and we ask that you cycle in a safe and responsible manner and that you look out for the well-being of your fellow travellers. Cycling helmets must be worn by all cyclists at all times whilst cycling.

Most national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest information before departure. The links for some major travel advisories and updates are listed below;

Australia;

<http://www.smartraveller.gov.au/>

Britain;

<http://www.fco.gov.uk>

Canada;

http://www.voyage.gc.ca/consular_home-en.asp

New Zealand;

<http://www.mfat.govt.nz/travel/>

United States;

<http://travel.state.gov>

We recommend the use of a neck wallet or money belt while travelling in the cities, for the safe keeping of your passport, money, credit cards and traveller's cheques. Utilise the hotel's safety boxes or safe where these are available.

Communication

In Kunming, Lijiang and Dali you will be able to access email, phone, fax and post offices. Outside these cities there will be little chance to email and the main communication will be phone. You should leave your family or friends the Bike Asia contact details. Our office staff will be able to get in touch with us in an emergency.

Group Leader

Our leaders are passionate about Asia and cycling... phew! They love what they do and take their job seriously. They will make every effort to ensure you have a safe, enjoyable trip with as much fun as possible. They bring many qualities and skills to this role, knowledge of group cycling, safety, management and liaising between you and the local crew. In working for us, they have made a commitment to learning as much about the culture, language and customs of China as possible, and they are happy to share any of this knowledge with you. However, please keep in mind that they are not local and will not know everything.

Rules

We don't have many, but the ones we do have are important. We always abide by the laws of the country that we are travelling through. This means you are not to use any illegal drugs or use prostitutes. Any passenger who does so will be asked to leave the trip immediately.

Feedback

After you have completed the trip, we want to know what you thought about it. This is important to us, as it is through your feedback that we monitor our trips and make improvements for the future. Log on to our website and click on the feedback link, it will take you a minimum of 3 minutes, or should you feel like writing in more detail, then a little longer. If you fill in the feedback form, we'll give you an automatic 5% discount on any of our trips in any other region.

Photos

We are always looking for good photos of the regions we travel through. If you have some that you would like to send us, we would love to have a look.

Newsletter

Our email newsletter has information on events happening in Asia, travel stories, cycling stuff, last-minute deals on our trips, travel tips and more. If you would like to subscribe, just go to our homepage and enter your email address. Your email address will be kept confidential.