

7-day Chengdu Relaxing Tour

8-Basics

Tour Code: LCT-Chengdu-7D -01

Duration: 7 Days

Attractions: Chengdu Panda Breeding Base, Jinli Street, Giant Buddha

Overview:

As one of the laid-back cities, Chengdu has lived up to its reputation. In this 7-day trip, you will have a full experience of slow life in Chengdu. Take a day to join the Giant Panda Volunteer Program, you will understand how meticulous the nurses have to be about the giant panda. Then, you can immerse yourself in the rich culture of Sichuan cuisine and actually try to make several dishes under the instruction of a professional chef. In the following days, after living like a local person in the Renmin's Park, Jinli Street and Kuanzhai Alley, you will get close to nature and relax even more in Mt. Qingcheng and Tea Plantation.

Highlights

- Participate in the Giant Panda Volunteer Program and get intimate with the pandas;
- Learn how to make an authentic Sichuan meal at a private yard;
- Visit the Sichuan Cuisine Museum and understand the rich local culinary culture;
- Admire the ancient Chinese hydraulic engineering wonder in Dujiangyan Irrigation System;
- Revere the tallest stone Buddha Statue - Leshan Giant Buddha;
- Taste the fresh tea leaves and wander in the Tea Terraces;
- Relax in the Renmin Square and have a traditional ear cleaning.

Itinerary

Date	Starting Time	Destination
Day 1	Flexible	Arrive in Chengdu

Day 2	07:30 a.m	Option 1: Giant Panda Volunteer Program Option 2: Giant Panda Breeding Center, Fruit Picking
Day 3	08:10 a.m	Chengdu Cooking Class, Wuhou Temple, Jinli Street
Day 4	09:00 a.m	Dujiangyan Irrigation System, Mt. Qingcheng
Day 5	09:00 a.m	People's Park, Cuisine Museum, Kuanzhai Alley, Sichuan Opera
Day 6	07:30 a.m	Leshan Giant Buddha, Jiajiang Tianfu Tea Plantation
Day 7	Flexible	Departure Chengdu

Day 1: Arrive in Chengdu.

Upon your arrival at the Chengdu Shuangliu Airport, your Chengdu local driver will be waiting for you with your name sign at the baggage area. You will be transferred to your hotel.

Day 2: Giant Panda Volunteer Program / Giant Panda Breeding Center.

Option 1: Giant Panda Volunteer Program

7:30: Pick up from your hotel. Your personal tour guide and driver will pick you up at 7:30 from your hotel and drive directly to the Dujiangyan Panda Base.

Note: Please let us know beforehand if you want to start earlier or later.

8:30 - 9:00: Registration for volunteering

Arriving at the Panda Base, your tour guide will help you to register and sign a safety agreement with the Giant Panda Volunteer Service Center. After signing up and registration, your volunteer experience will commence.

Firstly you will receive a uniform, a pair of gloves and other equipment. Then, the base staff will provide instructions about the work, which your tour guide will assist in translating. You will be properly trained.

Cleaning pandas' home: 9:00 - 10:00 a.m

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The first activity will be cleaning the panda's enclosures. You need to help the staff to clean-up the pandas' faeces and replace their bamboo. All the leftover bamboo needs to be cleared. You can observe how pandas live.

Wandering around the panda base: 10:00 a.m - 11:00 a.m

After an hour's work, you will have a break, during which you can wander around and observe the cute pandas eating bamboo. Your tour guide will guide you through the whole base and help identify the different kinds of pandas. Some of them are celebrities bonding relationships between China and other countries.



Feed pandas: 11:00 a.m - 11:30 a.m

You may know that pandas eat a lot. Besides bamboo, they like to eat cakes, apples and carrots. You will come into close contact with them as you feed them with specially made panda cakes.

Lunch time: 12:00 p.m - 13:00 p.m

The panda base will provide lunch for you. There is usually rice, meat dishes, vegetable dishes, porridge, and other Chinese food. In case you are not in mood for typical Chinese food, please bring your own lunch.

After lunch, you may rest a little and get ready for the afternoon activities.

Panda documentary: 13:00 - 14:00 p.m

You will watch some documentaries on how pandas evolved and efforts to protect them.

Clean the enclosure and feed the pandas again: 14:00 - 14:50

The morning's bamboo will have dried out and needs to be cleared away and replenished with fresh bamboo. You can also feed the pandas some fruit and vegetables.



Make panda cakes: 14:50 - 15:30

When you feed the pandas with panda cakes, you will be curious about how they were made. Now you will have the chance to make panda cakes with your own hands. You can make them into various shapes.

Receive a certificate for your work and get back to hotel: 15:30 - 16:30 p.m

Your volunteering experience will end here and the panda base will issue you a certificate recognizing your love and work for the pandas. You will be transferred back to your hotel.

Option 2:

07:30 a.m: Your driver and guide will meet you at the hotel lobby and take you to the visit the **Giant Panda Breeding Center**. Seeing the cute pandas playing with each other on the grass, leisurely chewing on bamboo or even playfully chasing their keeper is a lot of fun. There are, in addition, many other rare animals on the verge of extinction housed in the center. Children can learn a lot during this trip.

12:00- 13:00: Hunt for lunch and taste the authentic Sichuan dishes.



14:00 - 16:30: You will go to a local **Orchard for Fruit**

Picking. The favorable climate and location bestowed Chengdu city with a variety of fruits.

Whenever you visit Chengdu, there are several seasonal fruits available. To taste the freshest fruits, we will take you to a local orchard. Please refer to the chart below for what kind of fruit you might be able to pick.

Month	Seasonal Fruit(s)
Jan.	Strawberry
Feb.	Strawberry
Mar.	Strawberry
Apr.	Strawberry
May	Loquat, peach, blueberry, apricot, cherry
Jun.	Loquat, peach, blueberry, cherry
Jul.	Loquat, peach, grape
Aug.	Grape, peach, blueberry, pear, plum
Sep.	Grape, peach, blueberry, kiwifruit, cherry

Oct.	Grape, peach, kiwifruit
Nov.	Peach
Dec.	Navel orange

17:30: You will be transferred to hotel for rest.

Day 3: Chengdu Cooking Class, Wuhou Temple, Jinli Street

08:10 a.m: Your Chengdu guide and driver will meet you at the hotel lobby and take you to explore the elegant Chengdu city.

08:30 - 12:30: Visiting Chengdu, you must taste **Sichuan cuisine**. However, have you ever wondered how did people make such delicious dish? What was their secret? After this morning, you will know everything! Your guide will take you to visit the back-alley market to see all kinds of ingredients and seasonings. You will understand how important the chilli and Sichuan pepper are for Sichuan people. Get acquainted with all these ingredients, you will head for a quiet private yard and get your hands dirty. You will have a professional chef to instruct you and help you to cook. After the cooking, you will enjoy what you've made and get a recipe for the dishes! Through this cooking class, you will learn about the rich culinary culture of Sichuan cuisine and have an idea why it has gained so much fame.



13:00 - 15:00: Visit the **Wuhou Temple**. Wuhou refers to Zhuge Liang, a great strategist during the Three Kingdoms Period. He directed a lot of famous battles against the Wei Nation and helped his lord Liu Bei to build Shu State. According to Chinese customs, after his death, every governor or official that had earned great respect during his/her life would receive an exclusive temple built in remembrance to them. He and his lord Liu Bei each had a separate temple near to each other. The two temples were later combined into the Wuhou temple, which makes this temple the only one to host two masters.



15:10 - 16:30: **Jinli Street** is actually adjacent to, and part of the Wuhou Temple that presents the

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history, culture and customs of the Three Kingdoms Period. It's said that this used to be one the oldest and best commercialized streets in Sichuan. In fact, it was already quite famous in Qin and Han Dynasties. Nowadays, the Jinli Street has all the things you need to experience in Chengdu. You may sip a cup of tea in a private Tea house, or ask a few friends to kill time in a bar, or enjoy a Sichuan Opera in a old-style theater, or taste the local snacks while admire the exquisitely made artifacts. There are also some theme activities in Jinli Street. If you visit at a right time, you may encounter performances like traditional Chinese weddings, folk music, operas, and folk costumes. In other times like Lantern Festival, Dragon-boat Festival or Middle-Autumn Festivals, you can join some theme activities here.

17:00: Get back to hotel and end this day tour.

Day 4: Dujiangyan Irrigation System, Mt. Qingcheng

09:00: Be ready to start your second day tour in this amazing land.

10:10 - 12:00: Following a one hour drive you will arrive at the **Dujiangyan Irrigation System**. Praised as the “Originator of the Culture of Irrigation Work”, the Dujiangyan Irrigation System is located in the west of



Dujiangyan City, next to the Min River. It is also the oldest (around 256BC) and the only existing majestic irrigation system in the world still on duty, representing a great technological achievement of ancient China.

12:00 - 13:00: Enjoy lunch at a nice local restaurant.

13:20 - 16:00: Stop at **Mt. Qingcheng**. It is one of the birthplaces of Taoism (an indigenous religion in China) with more than 20 Taoist temples, exuding an intense atmosphere of religious culture. Towering 1,260 meters



above sea level, Mount Qingcheng is a place with serene and peaceful atmosphere--the graceful pavilions, melodious birds, tall graceful trees, quiet streams and meandering paths, all forming an harmonious environment.

17:00: Return to your Chengdu hotel.

Day 5: People's Park, Cuisine Museum, Kuanzhai Alley, Sichuan Opera

09:00: Your guide will take you to dive into the local people's life and see what's their life look like.

09:20-10:30: Your first stop will be the **Chengdu People's Park**. Like the most parks, people like to socialize here. Every morning, there are people practice Tai Chi or other exercise here. Some people, mostly grandpas, like to use a big water brush to practice their Chinese Characters on the ground. Some like play cards or Chinese chess. Some people, especially the old ladies like to dance with the loud music. Some people like just sit in one of the tea house and watch people come and go. While some people like to get their ear cleaned by the professional ear cleaners that use special tools. You may also surprised to find there are parents anxiously seeking spouse for their aging children. They will put up their children's personal information on a sheet of paper and at the same time state clearly their requirements about the spouse they are looking for. There are also some snack stands you might want to check out. We recommend you try a caramel animal on a stick. It's very sweet and it looks artistic. You may also try the Sandaopao, a kind of glutinous rice ball that covered in sweet syrup. Boating on the lake is a fun thing to do as too.



11:20-12:30: Your next stop will be the **Sichuan Cuisine Museum**. Located in Pidu District, about 33km northwest of Chengdu city, Sichuan Cuisine Museum is one of the most famous museum that themed with culinary culture in China. It's also the only interactive food museum in China. The whole complex is in Han Dynasty architectural style and decorated with rosewood screens and Sichuan embroidery. You will find different kinds of books, pictures, recipes, food ingredients, utensils. You may also taste the sample food for free.



12:30 - 13:30: All the visiting in the Sichuan Cuisine Museum may make you hungry. During this time, your guide will take you to enjoy the most authentic Sichuan dishes.

14:20 -16:00: You will visit the **Kuanzhai Alley**. Kuanzhai Alley, aka Wide & Narrow Alleys, is composed of Kuan Alley (Wide Alley), Zhai Alley (Zhai Alley) and Jing Alley. This area used to be the residential area for Manchu imperials in Chengdu. This explains why all the buildings are in Qing Dynasty quadrangle courtyard style. In recent years, many restaurants, cafes, entertainment rooms were settled here, making this a new relaxing spot.

16:30: You will be dropped off at the hotel for rest.

18:00: Your driver alone will take you to a local theater and enjoy the **Sichuan Opera**. As the essence of Chinese Western folk culture, Sichuan Opera enjoys an international fame with its Face Changing Show, Fire Spitting Show, and Hands Shadow Show. Face Changing is a feature of Sichuan Opera to express the emotional changes of the role so that the audiences can know their change of moods. While the Fire Spitting indicates that the role (usually the evil or demon) is in extreme anger. After the show, you will get back to your hotel.

Day 6: Leshan Giant Buddha, Jiajiang Tianfu Tea Plantation

07:30: Pick up from hotel and leave for Leshan city.

09:20 - 12:00: Visit the **Giant Buddha**. Located on the corner of the Min River, Qingyi River and Dadu River, this Buddha is the largest sitting inscribed Buddha in China with height of 71 meters. It was built in Tang Dynasty and took 90 years to complete. It's quite a masterpiece. You can



climb down the narrow wooden stairs to the very bottom of the Buddha and have a close look at its toes and hands. If you want a full view, we suggest you take a local cruise from the other side of the river bank and take some photos.

12:00 - 13:00: Have lunch nearby the Buddha and prepare for the afternoon tour.

14:00 - 16:00: On the way back to Chengdu city, you will pass a small **Tea Plantation**. It's quite small, but very serene and a good spot to relax. You will walk through the



tea plants and learn how to pick fresh tea leaves under the guidance of local people. After that, you

will stop by one of the farmer's house and learn about their lives. It'll be fun to get to know local people.

17:00: This day tour ends here, your guide will take you back to Chengdu hotel.

Day 7: Departure Chengdu

Your Chengdu driver will pick you up 4 hours before your flight and take you to the Chengdu airport.

What's Important:

What's included:

Air-conditioned vehicles with experienced driver.
Licensed Chinese- English bilingual speaking tour guide.
Entrance fee for sights mentioned, including the cable car and battery car in Mount Qingcheng.
Teaching fee for cooking class.
Expense for Giant Panda Volunteer Program.
Bottled water.

What's not included:

Meals
Personal expenses or private entertainment items at sights.
Tips or gratuities for guide and driver if we did a good job (recommended)
Accommodation
Fruits picking at a local grove.

What to take: smile and a relaxed enthusiastic attitude.

Good to know:

1. Please comply with the regulations inside the Panda Breeding Center and do not use a flash

when you take pictures.

2. Please keep quiet when you walk by the nursery room, do not disturb the baby pandas.
3. Do not attempt to touch or feed the pandas in Panda Breeding Center.
4. It's recommended to arrive at the breeding center early to see the pandas playing with each other outside.
5. You can only pick one kind of fruit in this itinerary. If you want to visit more orchards, please let us know in advance. We will make necessary adjustments for you.
6. If you visit at an unfortunate time for tea leaves picking, we can adjust the itinerary and arrange something specially for you.
7. As our customer, your time is very valuable to us. We will never take you to any factories or shops for shopping.
8. For lunch, we will take you to a nice local restaurant, where you can enjoy the local food at a fair price. Please inform us about your food preferences in case you have any allergies.
9. A regular day tour will last 8-9 hours. If you want a tour with a duration exceeding the working period of our tour guide and driver, we need to charge you for your extra hours at the standard rate of 100 RMB per hour.
10. The tour we provide you is based on days, not the hours. A regular day tour will last 8-9 hours. In case you only need our service for between 6 hours to 8 hours in one day, we will consider it a day tour.
11. Please be aware that your itinerary can be changed at anytime. Whenever you want to adjust it, we will help you with that.
12. What we provide are high-quality private tours, you will only be with your families or friends. There are no other people joining your tour.

Notes for Giant Panda Volunteer Program:

13. Please follow your instructor's advice strictly.
14. Please do not wear slippers for this tour to avoid being injured by pandas;
15. Please do not wear perfumes, or other stimulating/ strong smelling toiletries like manicures that may make pandas uncomfortable;

16. You will be supplied with uniforms and gloves by the panda base, there is no need to bring your own;
17. Please read the safety agreement very carefully before you get to work. Strictly follow the lead of the base staff;
18. Do not touch pandas under any circumstances. They are carnivorous;
19. Bring your own food in case you are not accustomed to the Chinese lunch offered;
20. Report to the instructor immediately if you aren't feeling well;
21. Do not lark and take pictures during work.
22. The private transfer service starts from a hotel within city center.
23. The program may change due to some reasons like the health conditions of the pandas, weather, etc.. Thank you for understanding.
24. The itinerary can be flexible based on your schedule, but a half day tour would still be priced as one whole day;
25. Please prepare a physical examination beforehand;
26. Age limitation: 12-65 years old. In case you are bringing children under 12, please keep your children out of the panda cage.

FAQ

1. What's the difference between Chengdu Panda Breeding Center and Dujiangyan Panda Valley?

Re: It's hard to differentiate these two places, but they are different:.

Location: Chengdu Panda Breeding Center is located in Chengdu city, very convenient to access.

Dujiangyan Panda Valley is located about 50km away from the city. It's quite difficult if you want to visit by public transportation.

History: Chengdu Panda Breeding Center has been established for a long time. Most people visit pandas here due to its fame. Whilst the Dujiangyan Panda Valley was only recently built and many infrastructures are not that mature.

Function: The former one is dedicated to save and breed rare animals that are on the edge of extinction like Giant Pandas and the Black-necked Crane. Whilst the later one was especially built

for panda protection and help them return to the wild.

Animal kinds: At the breeding center, you will see some other rare animals with the pandas. In the valley, there are only pandas, and not as many as the Chengdu Center.

Environment: The Panda Breeding Center can attract a lot of crowds every day. It would be better for you to visit the Panda Valley if you are a nature lover.

2. How to apply as a volunteer to this program?

Re: If you want to book this tour, we will need to apply in advance. Your passport copies and health certificate will be required. There is a limitation to the amount of applicants each day. You can't participate if it's full.

3. How far is this Panda Valley?

Re: It's about 50km from Chengdu city, which needs about an hour's drive.

4. Does our guide accompany is during the program?

Re: Yes, your guide will walk you through the whole trip, in this way, you will be able to communicate with the local keeper.

5. Do you provide a Food tour in Chengdu? We would like someone to take us around and look for food.

Re: yes, we have food tour in Chengdu. Just let me know which hotel you are staying at and when you would like to do it.

6. I want to learn how to make Mapo Tofu. Is there anyone who can help to arrange this?

Re: You are asking the right person. The cooking class mentioned in the itinerary will be perfect for you. There are two course, one is private course and the other is group course. Mapo Tofu is one of the classic Sichuan dishes. You will get to make it even if you join the group course. If you want to try something unique like Steamed Buns with fillings, local Cool Noodles, or something like that, please inform us in advance. We will arrange a private course just for you!

7. What kind of car will I have?

Re: It depends on your group size. For a group size of 1-2 people, you will be offered a sedan car. For a group size of 3-5 people, you will enjoy a 7-seater van. A 14-17-seater van will be in service if there are 6-8 of you. When your tour group size is larger, a 33-seater coach or bigger will be offered.

8. Can the tour guide accompany us to have dinner and help us order?

Re: The working time for the tour guide and driver is 8-9 hours. If you have finished your tour early, our tour guide can certainly help you until you get to dinner. Otherwise, you will need to pay extra for their overtime work.