

OUTDOOR CHINA.

Hiking and cultural holiday 5th to the 19th of June 2025

Tentative Itinerary

Please note that due to the mountainous nature of the topography in this area, this itinerary is a general guide only and must remain as flexible as possible due to changes in mountain weather. The town of Songpan (Actually called Songzhou) is already at approximately 2850 meters above sea level. Whilst this gives a very comfortable climate in June, the weather in the mountains where many of our walks take place, like most mountainous areas, can be unpredictable. As such we will have to assess the conditions daily and might change the order of our walks, so that we do not miss out on the superb views, that are available. In addition, should conditions be predicted that are hazardous (severe electrical storms or extremely high winds) then will modify our itinerary to suit the conditions. However you can be sure we will always have something on the agenda, even if it's a visit to an interesting building of historic significance or an interesting cultural pursuit.

Please also note, the first 3 to four days in Songzhou area, everyone needs to take it easy so that the body can adjust to the altitude. Most of our walks are over 3000 meters, slowly increasing to approximately 4000 meters towards the end of the week. Do not expect too much of yourself over the first three or four days, most people underestimate the effects of altitude.

Day	Date	Activity	Where we spend the night.
Day 0	Wed. 4 th June	Meet at the hotel we have selected at approximately 4pm. This is an opportunity to meet your fellow hikers and ask questions. It is also an opportunity for Ping & I to check you have all necessary items, prior to departing Chengdu. We will supply dinner.	Hotel Chengdu, to be advised
Day 1	Thur. 5 th June	Travel by high-speed train to Songpan station, bus or taxi to our hotel/guest house. We are unable to give the arrival time at Songpan at this stage.	Songpan, Ajiwu Guesthouse.
Day 2	Fri. 6 th June	Explore the walled City with Ping & Paul	As above
Day 3	Sat 7 th June	Walk to Emerald Lake – an introductory walk	As above
Day 4	Sun 8 th June	Visit Zhaga Waterfalls via tourist route, then off track, return via forest. This will be a more strenuous day.	As above

Day 5	Mon 9 th June	Group transport to small village, then a relatively easy ridge walk to approx. 3550m. Fantastic views looking back to Songpan and to our west an un-named craggy peak of some 4330m Features, horses, some Yak and wild flowers.	As above. Last night here.
Day 6	Tue 10 th June	Today our main luggage will be transported to our next Guest House in Chuanzhusi. For those in the group who now feel they are ready for a more extensive walk, there is the opportunity to walk north following a ridge, running parallel to the main road some 600 metres below. Technically not a difficult walk, but challenging at approximately 10km to 15km. There will be an option to pull out at 10km (and taken by Taxi to our new Guesthouse) or for those ready for the challenge the chance to walk the whole distance.	Chuanzhusi Guest House.
Day 7	Wed 11 th June	Preparation for the pack-horse trek and then free for the remainder of the day.	As above
Day 8	Thur 12 th June	Transport by bus to the start of our 5 day trek. See pictures on website	Camp
Day 9	Fri 13 th June	See pictures on website	Camp
Day 10	Sat 14 th June	See pictures on website	Camp
Day 11	Sun 15 th June	See pictures on web site	Camp
Day 12	Mon 16 th June	We complete our 5 day walking trek	Chuanzhusi Guest House.
Day 13	Tue 17 th June	Medicinal Plants and Yaks, interpretive walk with our Tibetan friends, including lunch or dinner Tibetan Style at their family home. This will involve transport by mini bus or taxi	Chuanzhusi Guest House
Day 14	Wed 18 th June	High Altitude Walk (4000 m +) area is dependant on the prevailing conditions. Farewell Dinner with our pack horse guide Xu and our other Tibetan Friends.	Chuanzhusi Guest House
Day 15	Thur 19 th June	Departure Day. Return to Chengdu, or for those that wish to spend more time in the area we can help you find a hotel and also assist in any transport arrangements.	

Inclusions in this holiday:

All accommodation (including provision of tents and sleeping mats, cooking stoves for the pack horse trek**) from the night of 4th June until the night of 18th June. All hotel accommodation will be in 3 to 4 star equivalent, hotel (Chengdu) to small boutique style guest house, specially selected by Paul & Ping.

All main meals, including breakfast, provisions for making lunches, day 1 to 6. On day 7 breakfast, then see **Food for overnight Trek** for days 8,9,10 & 11.

Day 12 Trekking food for breakfast and lunch, then Dinner that night in Chuanzhusi.

All meals on days 13 to 15, except lunch & dinner on Day 15.

Day 7 as this is largely a free day Lunch will be at your own expense.

Food for overnight Trek:

During the trek: Ping & I decided that it will be much easier for us to provide mainly freeze dried food (with more familiar ingredients) which you will choose from a list (these will be similar to those that are available in Australia). It will comprise of dinner (main course and pudding), breakfast, and a selection of things that we will provide for lunches which we will all share at lunch time. You will prepare your own main meals and the breakfasts on the small gas stoves that we will provide, either individually or with your tent partner (if sharing). We will also provide limited fresh fruit. Tea, Coffee and hot chocolate will be provided. Snacks: You will be given the opportunity to purchase your own snacks. There will also be a campfire on most nights. Although most water from local sources will be boiled, we will also provide water sterilizing tablets for water during the day, or you can bring your own personal water purifying filter.

Camping equipment:

We will supply Tents, Sleeping Mats, Ultra-light Camp Chairs, Gas Cooking Stove, Gas Cartridge, Cooking Pots, Collapsible eating utensils, (You need to provide your own sleeping bag that should be rated down to 0 degrees. We are also investigating providing a portable shower system for the overnight trek.

Transport:

We provide all transport during the tour, including return high speed rail fares between Chengdu and Songpan. Minibus transport or shared taxi to the start/finish of many of the day walks.

Specialist Guides & any entrance fees.

We provide all specialist guides such as those leading the horse trek, and other interpretive guides that we might employ that are essential to the itinerary.

What is not provided:

Airfares to Chengdu from Australia, Single Supplement if you want a room and a tent to yourself, any additional food, including snacks, alcoholic drinks other than beer or wine that we will provide on the final meal together (It is important that you limit your alcoholic intake in the first 3 to four days of the program, whilst acclimatising and suggest no alcohol on the trek as we will be over 4000 metres at times). Entrance fees to any other tourist attraction that you might choose to participate in during free days. Medical Insurance (which should include emergency evacuation & repatriation).