

## **Peregrine Travel is pleased to offer Shangri-La, China**

**(Tour Code: PGSHA1 Available March 16 to November 14)**

### **4 Nights 5 Days**

For many years the debate went on to determine where is the Shangri-La as described in James Hilton's Book Lost Horizon. It was not until few years ago that the international debate ended and confirmed that Diqing of Yunnan Province was indeed what James Hilton was writing about. As a result, Diqing is now officially named Shangri-La and has been designed a UNESCO destination.

#### **This is an Eco-Tour focused on providing the clients the opportunity to:**

Appreciate the beauty of Shangri-La, breathe the fresh air, be part of nature, and enjoy one of the last pristine heavens on planet earth.

Learn and experience the culture, religion and daily lives of the local ethnic Tibetan tribes.

Experience a mental spa from having private time away from the daily busy schedule. This is the Patagonia of China.

#### **Peregrine Travel Group is pleased to work with the local government to assist in introducing tourism into Shangri-La in a way that:**

Protects the beauty of the environment  
Respects and maintains the local culture  
Improves the quality of life of the local people .

We have committed that for every client that we bring to Shangri-La, Peregrine Travel Group will make a specific donation to the Shangri-La Institute, a non-profit organization that is dedicated to improve the quality of life of the local people by teaching them handy craft skills and welfare planning. As a result, it is important for the clients to note that they are directly benefiting the local people, not just from their local spending, but also through the donation from their payment for the tour.

#### **The tour schedule includes:**

**Day 1** Arrive in Shangri-La. Transfer to hotel. Rest and get acclimated to the high altitude of over 11,000 feet.

**Day 2** Visit Pudacuo National Park, Shudu Lake, Militangya Alpine Pastures, and Bitta Hai National Park for a hike. (B,L)

**Day 3** Visit Songzanlen Monastery, Old Town, Sanjia Village (to work on Wood Crafts) and then to Tangdui to work on Pottery. (B,L)

**Day 4** Spend a day with the local family and experience what it's like to live like a Local, including learning how to make Handicrafts at the Shangri-La Institute.(B,L)

**Day 5** Depart Shangri-La and back to the real world.

**For clients who want to spend ONLY half a day with the local family on Day 4. They can buy the extra excursion (Tour PGSHA2) to:**

Visit Tianshengqiao Hotspring (1.5 hours by car from hotel)

Visit Tea-Horse Caravan Route on the way

Bath in Hot Spring (1.5 hours)

Enjoy Physiotherapy (30 minutes)

All tour will depart hotel at 8.30am and be back to hotel between 5pm - 6.00pm

## Shangri-la Attractions



### Pudacuo National Park

Pudacuo National Park in Shangri-la is 22 kilometers away from the hotel. Included in the natural reserve is an important part of Three Rivers. The park is divided into seven parts, including natural ecology and manmade landscape.



### Shudu Lake

Shudu Lake lies in the east of Shangri-la county, 35 kilometers away from the county. Its average temperature is 35 degrees; rainfall is 5800 millimeters a year, with rainy season from June to October. It is the biggest lake in the county and the water is so crystal clear.



### **Bitta Lake**

Bitta Lake is 3000 meters long, 700 meters wide and 3504 meters high. The water is 40 meters depth. There are thousands of azaleas around the lake. Bitta Hai National Park is included in the natural reserve in the province,



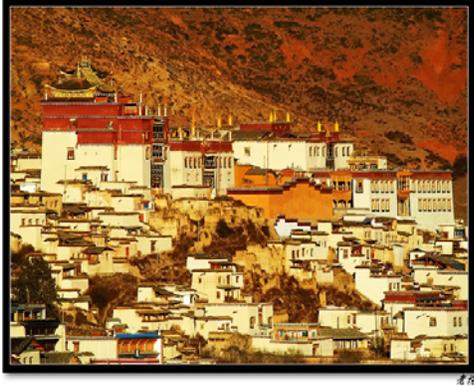
### **Militangya Alpine Pastures**

On the Militangya Alpine Pastures there are many kinds of animals and plants which are unique in the pastures. You will feel the freedom of the pastures as you appreciate the openness of the environment.



### **Tiansheng Bridge Hot spring**

Tianshenbridge Hot spring is in the southeast part of the city. The bridge is 60 meters height, 10 meters width and 200 meters in length. Under the bridge there is a hot spring from south to north, in the southeast of Tiansheng Bridge, the water is running all year round, and the hottest temperature is 69C.



### **Songzanlen Monastery**

Songzanlen Monastery is the biggest monastery in Shangri-La. There are 700 monks and many religious worshippers. The monastery can accommodate 1600 persons.



### **The Old town**

The Old town of Shangri-la is made up of traditional wooden Tibetan homes, religious buildings alleys and squares. It is distinct from the newly developed town that has grown alongside it. You will be able to see the old versus the new architecture and appreciate the difference in time and history.



### **Women's Handicraft Center**

Shangri-La Women's Handicraft Center is where the local women get together to learn how to improve their handicraft skills to improve their quality of life.



### **Sanjia Village**

Sanjia village is a natural village in the Yongchun country. It lies in the east of Weixi city, 6 kilometers far away from the hotel. It is famous for its orwejuso in Shangri-la. Our local guide and the local residents will guide you to do the orwejuso so that you can experience it by yourself.



### **Tangdui Village**

Tang Raector in Shangri-La is famous for their pottery. Pottery is part of the Diqing culture .You will learn from the local residents how to make these beautiful pottery. You may need an additional suitcase to bring some home.

**Spend a day with the local family and experience what it's like to live like a local Tibetan, including earning how to make handicrafts at the Shangri-**

**La Institute.**





## Hotel Information

### Paradise Hotel (Tian Jie Shen Chuan Hotel),Shangri-la

Changzheng Middle Road, Shangri-La County, Zhongdian, Yunnan,China



The Five-Star Paradise Hotel, completed in 2004, is, at the time of writing the biggest hotel in town. An amalgamation of about six or seven different interior design styles, it features rooms overlooking a courtyard with a (cold) pool, a sauna, and other greenery. The beauty of nature is, literally, right in front of you. The rooms are spacious and bright and are decorated with a soothing palette of colors and warm lighting. There's also an oxygen at the hotel's nurse station.

#### Photo Gallery



The hotel has 200 rooms

#### Hote Amenities

Business Center	Laundry	Beauty Salon
Restaurants in hotel	Parking	Health Club
Chess Room	Karaoke	Billiards
ClubMassage	Tennis	Sauna

## Hotel Description

**Guest Room:** This 200 superbly appointed guest rooms and suites offer fine quality furnishings and a contemporary feel. Generously proportioned glass windows allow natural light. Hotel is located in down area , with beautiful environment and comfortable rooms .

**Location:** 15 minutes from the Zhongdian Airport . 7km's far from Zhongdian airport

**Restaurants:** The hotel has Chinese Restaurants, Western Restaurants, Tea Restaurants, Tibet-Style Wine Bar, Tibet-Style Flavor Restaurant and 12 private rooms with different minority features.