



# Peregrine Travel Group

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## The Lost Horizon—Shangri-La

This pristine and amazing fairyland called Zhongdian, in the Diqing Tibetan Autonomous Prefecture of Yunnan province, China, is now officially renamed Shangri-La as described in James Hilton's 1933 novel, *Lost Horizon*. At 3,300 meters above sea level, the town of Shangri-la is divided into two areas: Dukezong Old Town and a more modern city-like area. In the Old Town, almost all the buildings are white in color and constructed in Tibetan style architecture. Shangri-La has a mix of ethnic groups in residence including Tibetan, Lisu, Bai, Naxi, Yi, Molimoso and Han, which makes it a very unique place with diversity of customs and traditional cultures. The region is crisscrossed by the Golden Sand, Mekong, and Yangtze Rivers. Around Shangri-La county, three snow-capped mountains, Meili, Baimang and Haba, tower magnificently over it. These snowy peaks form a beautiful backdrop whose beauty is a feast to behold. Mirror-like lakes, scattered across the vast expanse of grassland, looking like rich jewels inlaid on a beautiful tapestry. Cattle graze leisurely in the meadows, where exotic flowers and luxuriant grass wave at the request of the gentle breeze. In the depths of the surrounding forests is an exotic world of rare birds and animals. Mother Nature has endowed Shangri-la with bountiful natural wealth, making the land a happy home for the people who live here. As is this pristine natural environment, the diverse nationalities of residence are all kind, honest, extremely hospitable to outsiders. Buddhism has a deep influence on people's life here.

### Gedan Songzanglin Monastery

Songzanlin Monastery, or known as "Little Potala" according to its appearance, is a traditional Lama monastery located just 5 kilometers away from the Shangri-La town center. It was built in 1679 and has been reconstructed several times as it is considered to be one of the most significant monasteries within Yunnan. The five-story Tibetan style building is covered with wooden carvings and gold-plated copper tiles. Today, Songzanlin is the home to about 800 monks and Lamas for their monastic lives.



### Pudacuo National Park

The Nature Conservancy has helped China achieve a conservation landmark: the establishment of that country's first national park, which will also serve as a model for a new Chinese national park system. The new park — Pudacuo National Park in China's Southwest Yunnan Province — is located 50 minutes outside of town. The 500 square mile park has a visitor center, two lakes (Shudu Lake and Bitahai lake), a number of interesting minority villages, lush forests, and massive pasture flatlands. The park's name "Pudacuo" comes from the local Tibetan word for the divine assistance that ensures boat passengers a safe journey across the many lakes dotting the area. Foremost among the lakes in the park are the Bitahai and Shudu lakes, though the extended wetlands area stretches far beyond to encompass forested mountains, grasslands in river valleys and a great abundance of rare plants and animals. Shudu Lake and Bitahai Lake are two of the more accessible lakes within this park. Located within 10 kilometers (6.2 miles) of each other, legend says these "pearls of the land" are pieces of a mirror broken and scattered by a fairy goddess while she was putting on her makeup.



Bitahai Lake



Shudu Lake

### Meili Snow Mountain & Tiger Leaping Gorge

Meili Snow Mountain, also called "Prince Snow Mountain," about 10km west of Deqing city in Diqing prefecture, rises between the Salween River (or Nu Jiang) and the Mekong River (or Lancang Jiang) in the extreme edge of Northwest Yunnan Province. Known for the grandest view in Yunnan Province, Meili Snow Mountain boasts numerous snow-clad ridges and peaks, thirteen of which exceed 6,000 meters (19,685 feet) above sea level. The most splendid view is of the Kawagebo Peak, the highest in Yunnan Province rising about 6,740 meters (22,112.86 feet). It is still a 'virgin peak' for no one has ever reached the top. Thus, Meili Snow Mountain is a challenge for all mountain explorers from home and abroad. Meili Snow Mountain is one of the most sacred mountains of Tibetan Buddhism. Another sacred mountain called 'Kang Karpo Peak,' which means 'God of Snow Mountain' in Tibetan, is a holy land for worshipping. Pilgrims from Tibet, Qinghai Province, Sichuan Province, and Gansu Province travel to the mountain at the beginning of each winter to worship. Thousands of devout pilgrims worship together and encircle the holy mountain, adding even more mystery and loftiness to the mountain.

Tiger Leaping Gorge got its name because, legend tells us, a tiger escaped a hunter by jumping over the river. The water that flows through the Tiger Leaping Gorge is the upper reaches of the Yangtze River, near the beginning of its long journey to sea. Tiger Leaping Gorge is an unforgettable display of powerfully intense raw nature.



Baishui Tableland

Well-located on the altitude of 2380 meters, The Baishui Water Terraces, or literally translated from Chinese “White Water Terraces”, covers an area of three square kilometers (about 741 acres) It is located in the foothills of the Haba Snow Mountains, 101 kilometers (about 62 miles) southeast of the Shangri-la County. It is known as one of the most attractive destinations in mysterious Shangri-La and is an ancient Chinese landform with a history of 200,000 to 300,000 years. The variegated landform of the tableland is a continual deposition of calcium carbonate that is contained in the spring water. Every year, the surface of the land is covered by the deposition and finally transformed into the terraced structure we see today. Besides being a beautifully scenic spot, the Baishui Tableland is also the birthplace of Dongba culture of the Naxi Minority Group. According to legend, the first saint of the Dongba Religion was attracted by the fascinating scenery of this place on his way back from Tibet. He then stopped to miss ionize here. Later, the Baishui Tableland became known as the Holy Land of the Dongba Religion. When the second saint of the Dongba Religion came here, he created the Dongba pictograph. Each year, on the eighth day of the second lunar month, the Naxi people will gather here to celebrate their traditional festival by singing and dancing all day and night.



### Volunteering Tourism: Youth For Shangri-La Program

If you have clients who are interested to volunteer for community service in China while enjoying the cultures and sceneries of China, Youth For Shangri-La Program is a perfect fit.

Due to the restrictions and influences of geography and other factors, many young people living in remote villages in Shangri-La find it difficult to continue their education beyond middle school, thus limiting their job opportunities. Through the joint efforts of the local government and the local business sector, a program was established in 2004 to give free pre-employment training to the young villagers. This 16-week program includes computer, management, accounting, hospitality and tourism skills training, in addition to conversational English training. These pre-employment training programs have resulted in employment for more than 95% of all graduates. Youth For Shangri-La in partnership with this government supported program dedicates itself to (1) recruit people from around the world to volunteer their time and effort to teach conversational English to the young villagers in Shangri-La (2) help raise money for the young villagers to participate in this pre-employment training program.

We have travel packages that incorporate spending time working at the Youth For Shangri-La Program during their China visit. It's a great way to have fun immerse in the local culture, learn some Mandarin as well as make a positive impact on the next generation of young people!

For more information on Youth For Shangri-La, please visit us on [www.youthforshangrila.com](http://www.youthforshangrila.com)





## Reserve early with Peregrine Travel Group for your Shangri-La Adventure and Volunteering Tourism Experience

For more information, please go to our website: \_

[www.peregrinetravelgroup.com](http://www.peregrinetravelgroup.com) or

Email us at: [peregrinetravelgroup@earthlink.net](mailto:peregrinetravelgroup@earthlink.net)

### Peregrine Travel's Upcoming Groups:

**California Delegation China Trip Feb18-28, 2009**

**7 Days/6 Nights Beijing/Xian/Shanghai May 10, 24 June 7, 21**

**July 5, 19 Aug 2, 16, 30 Sept 13, 20 Oct 11, 18 Nov 1,15, 22 Dec 6, 20, 27**

**10 Days/9 Nights Beijing/Xian/Shanghai May 10, 24 June 7, 21**

**July 5, 19 Aug 2, 16, 30 Sept 13, 20 Oct 11, 18 Nov 1,15, 22 Dec 6, 20, 27**

**10 Days/9 Nights Beijing/Xian/Guilin/Yangshuo/Shanghai**

**May 10 June 21 July 5, 19 Aug 2, 16, 30 Sept 13, 20 Oct 18 Nov 1, 22 Dec 20, 27**

**12Days/11 Nights**

**Beijing/Xian/Yangtze Cruise/Guilin/Yangshuo/Shanghai**

**May 10 June 7 July 5, 19 Aug 2, 16, 30 Sept 20 Oct 4, 18 Nov 15, 22 Dec 20, 27**

**10 Days/9 Nights Beijing/Chengdu/Yangtze Cruise/ Beijing**

**May 10, 24 June 7, 21 July 5, 19 Aug 2, 16, 30 Sept 20 Oct 4, 18**

**Nov 15, 22 Dec 20, 27**

### Testimonials:

*Jessica was so knowledgeable we learned a lot from her. We were so fortunate to have such a delightful, educated and sweet guide. My Beijing Tour is an absolute must go trip. I learned so much and it completely changed my views about China and the people. I hope to come back to China with my family in the near future. J.W.*

*What impressed me most about my Beijing Tour were my tour guide and China 's history. S.P. Our private tour was overly impressive and exceeded our expectations. R.J. & D.J.*

*I was very pleased with the tour and tour guide. They were very courteous and helpful. E.T. T.*