



ATRAILS.CN
道成旅游

ATRAILS

THE OUTDOORS 户外

-  The Great Outdoors 精彩户外
-  City Walks 城市漫步
-  Not Only Stir-Fry 美食不只是烹炒
-  Cycling 骑行中国
-  Self-guided Discoveries 半自助游
-  Family Fun 家庭亲子游
-  Overland 越野自驾
-  EPIC 极致之旅
-  Lost Trails 秘境中国
-  Escapes 自然逃离
-  Staycations 宅度假
-  Cruising 游轮
-  MICE & Conferences 会议奖励旅游

Out of Ordinary Travels for Everyone
行有道 意自成

Travelife
PARTNER
Committed to sustainability

We are committed to improving the conditions
of communities we encounter on our journeys,
whilst safeguarding and protecting nature
and wildlife.



ATRAILS

WE ARE
SUSTAINABLE

and one of only two
tour operators in China
with Travelife Partner status.

ATRAILS

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We are a vocational company, based on passion for traveling and utmost curiosity about the world. We conceived Trails in its literal sense - paths into the wild - as well as experiences leading through zeitgeist and self-rewarding discoveries, navigating into different cultures, environments and world-renowned gotha-restricted happenings.

On any level - or path - we set upon, we strive to reach its essence using friendly help from experts, explorers, writers, scholars, professionals, chefs, aristocrats and celebrities: we aim to be enriched by our travels and make at best use of our time. To enjoy, to understand, to be better.

Through our wide business and travel network, with 34 offices in 9 countries in South East Asia, able to cater for leisure and business events alike with the help of a team of over 700 employees, with an annual turnover of 300,000 guests.

道成旅行是Asian Trails 集团的中国公司品牌，总部位于泰国曼谷，隶属于加拿大上市公司菲尔法司金融集团，其全球旅游业务遍布亚洲、中东、非洲、澳洲、欧洲及北美洲。Asian Trails 目的地管理集团自1999年成立以来，以高效的运营模式与高品质的服务赢得了全球客户的青睐，成为世界领先的旅游目的地管理集团。目前Asian Trails 集团在亚洲9个国家拥有34家分支办事处，集团员工超过700人，年均接待客人在亚洲超过30万人次。

道成专注于中国市场的高端接待、国际会议组织及各项活动赛事做推广策划等业务。依托海外集团背景，我们用国际化、专业化的服务理念提供解决方案 重新诠释了旅行及目的地的涵义。



FOREWORD 前言

Everyone loves to travel and if you have not travelled extensively, you can start today. Routine makes us stale, or worse, boring! Traveling is a way to break out of a rut and shake up our daily monotony with an injection of island vibes, mountain cool, or city thrills. Exploration is when you throw yourself into a trip and a culture. It's what you do when you get a little lost in a new city, eat something you can't pronounce, or experience something that makes you change your perspective on life.

To be able to accept something different, and to appreciate it for all its differences is what we can call the very bases of our civilization – a fundamental approach to our very interconnected world.

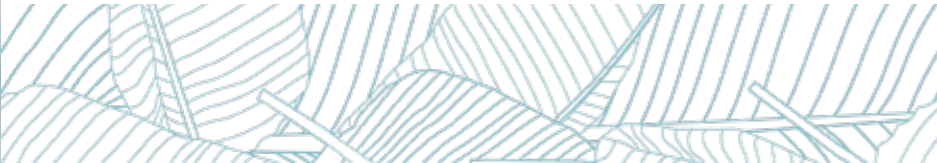
人为什么要旅行？

因为旅行，是看清世界的一个最直接途径。
因为旅行，是一种冲动，冲动之下是一颗不肯被平凡生活困住的心。
因为旅行，是一种热爱，而我们愿为了这份热爱买单。
因为有些事，现在不做，一辈子都不会再做了。

旅行的脚步，永远是向前的。
从起点到终点，圈住的是丰富阅历和精彩人生。
它让我们的漫漫人生变得丰富而有趣。

Concept: by A-Trails
Photographers: Nicola Longobardi, Mathias Guillin, Simone Sturla

创意设计:道成旅游
摄影:Nicola Longobardi, Mathias Guillin, Simone Sturla



Preface 前言 P.02

The Great Outdoors 精彩户外 P.04

- Frozen Desert 冰冻沙漠徒步
- Legendary Nu Valley 怒江传奇
- Anuthang Trek 安湖塘徒步之旅
- The Great Wall Hikes 长城徒步
- Tea Trail Caravan 茶马道马帮徒步
- The Schaller's Trail 夏特古道
- Xishuangbanna Jungle Trek 西双版纳丛林徒步
- Dupu Valley 都普山谷
- Photography workshops 旅行摄影工作室

City Walks 城市漫步 P.12

- Beijing Expert Walking Tours 专家带你游北京
- Shanghai Expert Walking Tours 专家带你游上海

Not Only Stir-Fry 美食不只是烹炒 P.18

- Yunnan 云南味道
- Sichuan 四川美食
- Fujian 福建风味
- Gourmand At Work 晓松私房菜

Cycling 骑行中国 P.26

- Yunnan 云南骑行
- Hainan Island 海南环岛骑行
- Shanghai 老上海法租界
- Ningxia 宁夏骑行

Self-guided Discoveries 半自助游 P.30

- Guilin + Guizhou 桂林+贵州
- Guilin + Yangshuo 桂林+阳朔

Family Fun 家庭亲子游 P.34

- Yunnan Family Fun 云南家庭游
- Xishuangbanna Family Trek 西双版纳亲子徒步
- Yangshuo Family Bike Adventure 阳朔亲子骑行
- Kungfu & Panda Trail 功夫&熊猫

Overland 越野自驾 P.38

- Qinghai 大美青海
- Guizhou 地道贵州
- Yunnan 多彩云南
- Cross Border 跨境游

EPIC 极致之旅 P.46

- Overland To Tibet 滇藏线 通往西藏的阶梯
- Eagle Trek 滇藏空中之旅
- Mathias Guillin 马蒂亚斯·吉林

Lost Trails 秘境中国 P.54

- Follow The Tangut Dynasty 追寻失落的西夏王朝
- Tibet 西藏朝圣
- Miao Festivals 民族风情
- Dharma Festival-a Shaman Gathering 热贡六月会 - 人与神的盛会
- Hexi Corridor - The Silk Road Gateway 穿越河西走廊
- Relics & Natural Wonders Of North China 长城以北-云岗石窟与塞外风光

Escapes 自然逃离 P.60

- Camping Breaks 高原露营
- Escape From It All: A Tibetan Autonomous Region 远离尘世 九色甘南
- Badain Jaran Desert. A Jeep Adventure 巴丹吉林沙漠 --吉普车穿越
- Horse Treks 马背上的旅行
- Kayak River Explorations 青海皮划艇漂流探险

Staycations 宅度假 P.66

- Tsingpu Found Hotel 青普文化行馆·海南日月湾
- Tsingpu Huangshan Retreat 青普文化行馆·黄山秀里
- Tsingpu Tulou Retreat 青普文化行馆·南靖土楼
- The Norden Camp 诺尔丹营地
- Mongolian Saints' Camp 蒙古草原度假村
- Tsingpu Badaling Retreat 青普文化行馆·八达岭瑞云
- The Puxuan Hotel 北京璞瑢酒店
- Secret Valleys of Yunnan 茶马古道上的丽世酒店:
- LUX* Tea Horse Road Stone Town 茶马道石头城丽世山居
- LUX* Tea Horse Road Daju Village 茶马道小米地丽世山居
- LUX* Tea Horse Road Sangushui 茶马道三股水丽世山居
- LUX* Tea Horse Road Peach Valley 茶马道桃花谷丽世山居

Cruising 游轮 P.76

- Yangtze River Cruise 长江三峡游

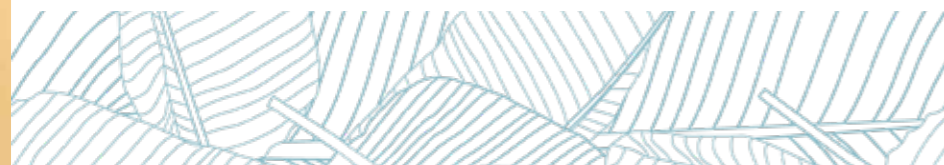
MICE & CONFERENCES 会议奖励旅游 P.78

“ Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails.

20年后, 让你失望的往往不是做过什么, 而是没做什么。
所以从现在开始摆脱羁绊, 扬帆起航, 乘风破浪!

”

Mark Twain — 马克·吐温



Explore. Dream. Discover.
探索 追梦 发现



”

Destination Makers 旅游目的地推动者

“ With a highly effective international team, A Trails combines local strengths with a global perspective to provide a professional and credible service to travellers, and businesses of different cultures and beliefs around the world.

As a destination marketer, we follow and monitor world tourism trends to respond to changing travel demands. Scouring many spots to bring you new and exciting destinations, we continually redefine the destination experience, a challenge our team relishes.

We strive to combine market potential with lesser-known places, discovering and promoting those with unique cultural, historical, gastronomical and natural wonders.

Every trip contributes to global sustainability: we encourage respect for mother nature. We do it by making use of sustainable tourism resources and protecting the nature and wildlife, therefore, we formed a partnership with Travellife organization. We like to think – in some small way – that we bring the love for our world through the adventures of Atrails.

道成旅游是一个高效率的国际化团队, 结合本土优势和国际视野, 我们为不同文化背景和信仰的旅客及企业提供可靠诚信的专业服务。

作为旅游目的地管理公司和运营商, 我们时刻关注着世界旅游业的发展动向, 监测中国多样性的旅游业态, 在错综复杂的产品中甄别良莠, 并利用本土优势, 致力于开发符合国际水准的旅游产品, 以应对不断变化的市场需求。探索并不断发现, 一次次重新定义目的地的资源属性是我们对自身提出的高要求和高标准。

我们专注于设计全新的旅行线路, 尝试开发具有市场潜力以及鲜为人知的旅游目的地, 推广那些具有独特文化、历史、美食和自然属性的旅游产品, 为中国及海外游客打造卓越的旅游体验。

道成旅游倡导全球可持续发展的理念, 尊重原生态自然环境, 合理利用旅游资源, 保护生态环境和野生动物。因此我们也荣幸地成为Travellife世界绿色旅游组织成员。

希望道成的每一场旅行都能创造非凡的客户体验, 并且激发起人们对大自然的亲近和热爱。

”

Ms. Xiaolin Zhang 张小琳
Co-Founder 联合创始人



@Nicola Longobardi



China Bside 中国的另一面

“ When I first visited China in 1997, it was another world, a place that felt alien to a young and naïve student from the shores of Europe. China has now transformed into an unbelievable place, however, back then it was not the easiest foray into the middle kingdom for a westerner. In yesteryears, navigating the length and depth of this country required some grit and determination but now we have every type of transportation to whisk us to any part of this vast land. As more and more people started travelling, attitudes changed as exposure to the outside world led to the opening of the country. There were destinations that rarely saw any western interest, thus, an incredible glimpse into a world where traditions and customs were frozen in time. After China, I spent sometime living in Africa, South America and South East Asia, however, it really was the awe of China that drew me back here. Fast forward to today and a lot has changed. For travelers the situation has improved tenfold as destinations are far more accessible, gone are the days where you would spend hours on the road, now not much time and effort is required. You may hike over Shangrila for the weekend, visit the ruins of a Tangut city lost in the desert, or explore villages located along rice terraces high up in the hills, there are endless choices. This does not mean that China as a whole has been fully discovered, there are some areas where tourists seldom visit, especially western tourists. Western tourism has just started to taste this diverse country, thus, those living here should take as much advantage as possible to discover all the adventures this country offers.

We offer a glimpse of this vast country in our magazine, so I hope you enjoy it as much as we did scouting these amazing destinations for our well-heeled travellers.

1997年来到中国的我, 遇见了一个跟现在截然不同的新世界。对于一个初来乍到的欧洲学生来说, 当时的一切都是陌生和难以接近的。而旅行, 不仅渐渐改变了我对于这个地方的些许抗拒, 更使我对这里充满了好奇和热情。在那时, 为了去那些偏僻和陌生的地方旅行, 我需要换乘多种不同的交通工具, 舟车劳顿数日后才能抵达。那些地方远离城市的喧嚣, 仍旧保留着深厚的中国传统文化, 如梦境一般一直根植在我这个西方少年的脑海里。后来我曾在非洲、南美洲以及东南亚等地方长期居住过。然而令我感叹的是, 只有中国才激发了我对于旅行的渴望和激情, 我义无反顾地回到了这个国家, 将旅行变成了我生活和职业的一部分。如今的中国虽然经历了翻天覆地的变化, 但仍然保留着它的神秘和传统。庞大的交通网络使出行得到了极大的改善, 只需几小时, 高铁或飞机就可以把旅行者带到中国几乎任何一个角落。你可以在周末去云南香格里拉来一场徒步旅行, 或去迷失在沙漠中的西夏王陵遗迹一探历史真相, 亦可驾驶着吉普车寻访梯田边上的古老村落。这并不意味着中国这一旅行目的地已经得到了充分的开发: 在旅游业者的眼中, 有些地方确实如此, 但这个神奇的国度还有很多鲜为人知的地方等待着人们去探索和发现。大多数西方游客们接触到的是极为常规和格式化的旅游产品, 仅仅是中国古老文明和广袤自然的表面现象。居住在这里的每个人都拥有着便利的出行优势, 去走访和探索中国那些鲜为人知的地方。

保持一颗探索的心, 跟随着道成君享受每一程旅途的美好。”

Mr. Simone Sturla 西蒙 思图乐
General Manager 总经理



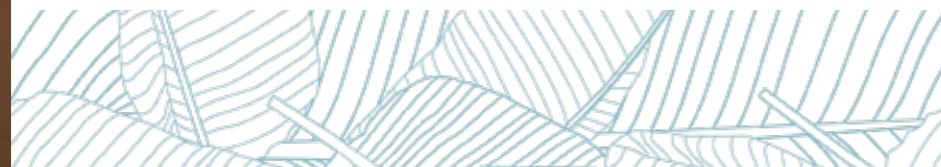
The Great Outdoors 精彩户外

Leave the hustle and bustle of a city life behind, and embark on a thrilling exploration of China's most magnificent and varied walking trails and hiking destinations. Forget the tourist traps, here we think outside the box—an expedition on hills and mountains whilst getting to know local minorities and enjoying spectacular sceneries. From a magic trail leading through a jungle of towering trees, maze of rice terraces in Southern China or to trek some of the world's highest sand dunes in the world, this selection of one-of-a-kind trails presents stunning scenes, detailed trail descriptions, overview maps, and insider tips to make the most of every trip. For adventurous souls in search of new summits, our MAG will create a visual journey and an invitation to pack your hiking boots and discover untouched hiking trails.

For experienced outdoor enthusiasts and those lacing-up their boots for the first time.

逃离城市的藩篱，开启新奇刺激的精彩户外之旅。你可以参加完热情绚丽的少数民族盛会，转身便举步探访世界之巅；可以穿越在神秘莫测的热带雨林，也可以沉浸在光影变幻的梯田水乡，或是跋涉在高原荒漠中体会“大漠孤烟直，长河落日圆”。

道成精心挑选特色线路，提供周到服务与专业咨询，诚邀与你一起户外探索，发现极致之美。



**This is China. Prepare
to breathe deep and
witness a slice of pristine
outdoors**

梦想之旅 始于足下



A-Trails Selection 道成甄选



@Simone Sturla

FROZEN DESERT 冰冻沙漠徒步

A surreal experience hiking in total silence among megadunes covered in snow, dotted with frozen lakes and surrounded by infinite horizons.

Escorted by your camel caravan to this dreamy place, one of the world's most remote, in search for the highest dune.

A trip for the wild at heart.

在寂静中走过冰冻湖面和白雪覆盖的大型沙丘，在驼队的护送下来穿越浩瀚的沙漠，一场诗意与梦幻之旅让我们释放自己，拥抱自由。

📍 Inner Mongolia | 内蒙古
📅 5 days 4 nights | 5天4夜

@Simone Sturla



LEGENDARY NU VALLEY 怒江传奇

The Nujiang Valley lies on the border of Myanmar and China. It is a multicultural, multi-faith valley, harmoniously co-inhabited by Tibetans, Lisu, Nu and Drugong ethnic communities. For people living in China, this name evokes myths and legends. Nujiang River itself has a wild, powerful presence on the landscape. Its rapids are a constant on the long, windy drive from the Valley's beginning to the end. And to trek this area, we follow the diaries of a Ming Geologist who followed the valley almost 400 years ago, in 1639 – Xu Xiake. Get ready!

怒江峡谷位于中国云南、西藏和缅甸的交界处，藏族、傈僳族和怒族等少数民族在这里和谐共处。对于很多人而言，怒江近似于一个神话。怒江在该地区拥有天然且强大的存在感，湍急的水流，伴随着风声，从江头涌向江尾，川流不息。徐霞客，明代的一位地质学家，他曾在1639年造访过怒江峡谷。重走徐霞客之路，探秘怒江大峡谷，追寻纹面人的传说，让你看到一个完全不一样的云南。

📍 Western Yunnan | 滇西
📅 10 days 9 nights | 10天9夜



ANUTHANG TREK 安湖塘徒步之旅

First introduced in 2019, this is one of our newer treks, and very few trekkers have experienced it. It's a challenging and enjoyable trek that goes through forests, rocky passes, grasslands, and remote villages. Atrails aims to empower local communities by hiring Tibetan guides equipped with the cultural and linguistic know-how to provide our clients with a deeper understanding of Tibetan culture.

这是2019年推出的最新线路之一，只有少数徒步爱好者涉足过这条线路。这是一条具有挑战性、而令人兴奋的徒步线路，沿途会经过森林、岩石小道、草原和偏远的村庄。道成聘请谙熟本族文化和语言的藏族导游，为游客提供全方位的藏族文化体验。

📍 Gansu - Sichuan | 甘肃-四川
📅 5 days 4 nights | 5天4夜



THE GREAT WALL HIKES 长城徒步

This highly symbolic monument explored for days. Rugged terrains, steep walls, defensive units along a dragon-like sinuous line over impossible degrees, hike this wild beauty and bash into mesmerizing history, forgetting the masses; here you will be in total tranquility. Lodging provided in tent, by local farm-houses or private resorts.

这是一处极具文化意义的历史遗迹，可能需要数天时间进行探索。崎岖的地形、陡壁、防御工事以不可思议的角度、沿着蜿蜒的蛇形线呈现在眼前。徒步在天然野趣中，感悟引人入胜的历史，忘掉社会的喧嚣，你可以静下心来沉醉于历史的年轮。住宿方面，将会安排在当地农舍的帐篷或私营度假村中。

📍 Beijing Area | 北京
📅 From 1 to 9 days | 可根据需要安排1-9天的徒步



A-Trails Selection 道成甄选



TEA TRAIL CARAVAN 茶马道马帮徒步

Imagine 40 horses loaded with equipment and trails that lead you up the mountains to a gem-like lake, tucked away in a valley. Stunning landscapes in absolute solitude with lush dinners by the bon-fire. This unique program allows one to savor the wilderness of China, its rich past and the traditions of minorities that still inhabit these remote areas.

Everything starts in Shangri-La.

Note>Expeditions to Sichuan will take 10 days.
Nizhu Horse Festival 6 days 5 nights

40匹整装待发的马匹、蜿蜒曲折的林间小路、静谧的湖泊依偎在群山的怀抱中，这条线路拥有着美妙绝伦的风景和丰盛的篝火美食，许多少数民族仍居于此并传承着他们悠久的习俗文化，这条线路意在呈现中国的原生之美以及浓厚历史底蕴。

此4天3夜行程从香格里拉开始，如参加赛马节可以安排6天5夜。从这里延伸到四川将需要10天。

📍 Northern Yunnan | 云南
📅 4 days 3 nights | 4天3夜



THE SCHALLER'S TRAIL 夏特古道

This is the Chinese part of the area that preeminent field biologist George Schaller advocates for the creation of the "Peace Park" across Pakistan, Afghanistan, Tajikistan, which would protect 32,000 km of habitat for the largest wild sheep species, the Marco Polo sheep. The majestic scenery of this area includes glaciers, forests, and infinite grasslands covered by colorful flowers that bloom in spring and summer. Traveling on horse or on foot, your short daily treks will involve meeting Kazakh families living in wooden huts whilst savoring the local cuisine, and exploring an infinitely varied landscape. Few travelers visit this part of Xinjiang, so it's an experience not to be missed!

这里是由知名野外生物学家乔治·夏勒呼吁创建的“和平公园”的一部分，该公园横跨巴基斯坦、阿富汗和塔吉克斯坦三地，公园旨在保护绵延32000公里的最大野羊种群栖息地，这里的景色极其多样化，你可以在这里看到四时景色，冰川、森林、一望无际的草原以及春夏时节草原上盛放的鲜花。骑马或者徒步，在短短的旅程中将会与住在木屋中的哈萨克家族成员相遇。新疆的这片区域不曾被多数游客踏足，这样的体验岂能错过！

📍 Northern Xinjiang | 新疆北部
📅 7 days, 6 nights | 7天6夜



XISHUANGBANNA JUNGLE TREK 西双版纳丛林徒步

Through a lush rain forest on steep hills inhabited by the local minorities, we hike whilst learning bushcraft, the ecology of the forest whilst having some fun under starry skies with exotic delicacies. For solo travellers, friends or company team-building experiences.

穿过茂密翠绿的热带雨林，在徒步的同时也可以了解森林生态系统和野外生存技巧；看漫天星光，享受惬意和美好。适合徒步新人、朋友出行、或公司团建。

📍 Xishuangbanna | 西双版纳
📅 4 days 3 nights | 4天3夜



DUPU VALLEY 都普山谷

Derge is located in a valley with rich plantations. With elevations ranging between 3400 m and 4000m, it is a hiker's paradise. The landscape features beautiful snowcapped mountains, forests, and glistening rivers and streams that run through nomads' pastures and fields of barley among colorful wooden houses. However, this place is not only special due to its natural beauty, it is also a cultural hub for many with its prominent centuries' old religious institutions and a vibrant hand-crafted arts scene.

海拔在3400到4000米之间，德格地处山谷，拥有大量的种植园，是徒步爱好者的理想去处。美丽的雪山、翠绿的森林、波光粼粼的河流和小溪，穿过游牧民的牧场、麦田和五彩缤纷的木屋，秀丽的景色让人流连忘返。德格的特别之处不仅在于其优美的景色，更因其是一个文化中心，百年历史的众多知名宗教机构坐落于此地；此外，德格的手工艺也闻名于世。

📍 Sichuan, Qinghai | 四川-青海
📅 12 days 11 nights | 12天11夜



Photography workshops 旅行摄影工作室



@Simone Sturla

TRAVEL PHOTOGRAPHY WORKSHOPS 旅行摄影工作室

As part of these trips, we also offer photographic workshops led by Mathias Guillin. (Read his interview as you progress through our MAG to learn more about this talented professional and keep an eye out for his work in different sections of the magazine). In each workshop, Mathias shares useful tips and technical advice on how to use light, frame, and capturing the shot at the right moment! He will also discuss drone (aerial) photography.

If you're interested in a personal workshop or want to travel in China, contact us. We can arrange a trip according to your needs.

作为旅途的一部分，我们还为旅行者准备了马蒂亚斯·古林摄影工作室。(关于他的采访详见下页，了解更多关于他的专业才华和在杂志上发表的作品)。每一次摄影，马蒂亚斯都会如何利用光线、如何构图、如何等待最佳时刻并捕捉画面等方面与大家分享实用的建议和技术指导！马蒂亚斯还会和大家探讨无人机摄影。





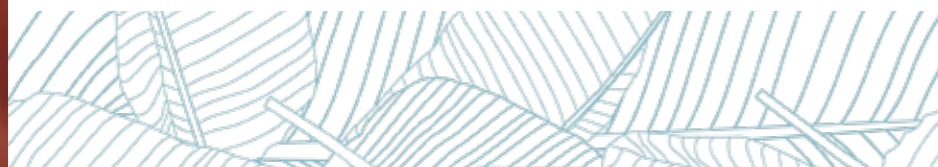
City Walks 城市漫步

We lead historical walking tours and educational programs exploring the famous sites and less-travelled byways of Beijing and Shanghai. We are seekers, and historical enthusiasts on a search for the bygone era, whilst living in these areas. We are Historians, Story-Tellers, Professional Photographers, Artists and most of all, curious.

We may hold talks and fun hunts for your company, or design walks upon specific subjects so as to create a memorable day for your friends or family, and closing the day with meals in very special locations or exploring old family run establishments, and savouring street food delicacies you did not even know existed.

无论中国人还是外国人,对北京和上海这样的现代都市都怀有极大的好奇心,即使是本地人,也会惊讶于城市的日新月异。道成君以城市漫步的方式带你探访北京和上海,从著名的历史古迹到籍籍无名的小巷。我们是故事的叙述者,是专业摄影师,是艺术画廊主,是历史的探索者。让我们一起探寻这个城市所经历的平凡与荣耀。

道成君可为个人或公司团体量身定制各类都市旅游活动。



**Be Curious and never
forget that we live in
very special places!**

**保持好奇心,用脚步丈
量也许是了解城市的最佳方式**



Beijing Expert Walking Tours 专家带你游北京



BEIJING CITY WALK: ABOUT HISTORY 关于记忆 北京漫步

Summer Palace, Temple of Heaven, Confucius Temple, Lama Temple, the Forbidden City, Tiananmen Square, Old Summer Palace, are all just a few places on our walking tours. Do you really know the stories behind these places, the events that these places witnessed? Believe it or not, you don't! Let's enchant you with tales behind these places.

Our historians and experts will entertain, enlighten and amaze you with the history, gossips, and all the minor players that played a role in the development of the ever-evolving capital, Beijing.

Let's start!

颐和园, 天坛, 孔庙, 雍和宫, 紫禁城, 圆明园, 你真的了解这些历史古迹吗?

跟随我们的专家, 展开一段帝国王朝的历史之旅, 聆听历史事件背后的故事, 解密亲历者的心路历程。

Half-Day Excursion | 半日游



BEIJING CLASSIC CUISINE AND STREET FOOD 老北京街头美食

Beijing street food is amazing. And while you may marvel at it all, you never dared to taste it, so this is your chance to discover the secret parts of the city that will leave you breathless.

老北京的每一道美食似乎都有着令人称奇的传说, 你知道门钉肉饼或蒙古烤肉的故事吗? 道成君带你品尝北京这些地方隐藏的人气美食。

Half-Day Excursion | 半日游



BEIJING HUTONGS 北京胡同

Every area holds its own story and development. To wander among them you will meet poets, ministers, concubines, and warlords. You will understand more of the city, be fascinated by it and become equally surprised at the tales of Beijing.

北京的每一条胡同都有属于自己的故事和发展脉络, 徜徉其中, 或许就会邂逅到故事中的诗人、大臣、嫔妃和大军阀, 感慨历史和传说就在咫尺, 而从未发现。原来小人物的故事和大人物的传说同样精彩。

Half-Day Excursion | 半日游

Shanghai Expert Walking Tours

专家带你游上海



SHANGHAI HISTORICAL TOURS

关于记忆-上海漫步

Shanghai, Pearl of the Orient and one of the first foreign and free economic trade zones in China, has witnessed immense changes over centuries. Visit the very sites that hosted fundamental events whilst hearing local tales and minor characters that created this jewel of a city. There is the Former French Concession, The Bund, the old foreigner settlements...the list is longer than you may expect!

作为“东方明珠”的上海，曾是中国最早的对外自由贸易区之一。它见证了太多，也有很多广为人知的故事与特色景点。

在这次的旅行中，发现曾经的风云往事，欣赏如今的风土人情。前往法租界、外滩、旧外国殖民地.....你可以去的地方还有很多很多。

跟随我们的专家聆听法租界和旧时上海滩上演绎的爱恨情仇，了解这座城市的过去、现在和未来。

Half-Day Excursion | 半日游



SHANGHAI ARCHITECTURE TOURS

上海特色建筑之旅

From the colonial buildings, magnificent architecture to the latest futuristic development, Shanghai is a city full of wonders. Join us to discover all that makes Shanghai, Shanghai!

从殖民时期的大楼、风格迥异的建筑群落，到近现代未来主义风格的新建筑，上海总能给人带来惊喜。跟随道成君，一同见证上海近代建筑和城市的发展演变。

Half-Day Excursion | 半日游



SHANGHAI ART TOUR

上海艺术之旅

Doesn't matter if it is classic or contemporary art, it is always different to be led into it by a real expert. Beside the stories, myths and the tales, China has always excelled in this field, so it is worthy of your time.

无论是老派还是当代，艺术在内行的解读下总会呈现出不同的维度。尽管坊间不断地会有逸闻趣事，都改变不了中国在世界艺术领域位居前列的事实，这座城市值得你去感受它的魅力和光彩。

Half-Day Excursion | 半日游



SHANGHAI FOODIE TOUR

舌尖上的上海

Chinese cuisine is one of the most diverse in the world. Family run restaurants, iconic eateries, and street food, show a diverse palate to this city. This is a chance not to miss exploring corners of the city you would never find on your own.

中国的饮食文化博大精深，享誉世界。上海小吃也占一席之地，清淡素雅，咸淡适中，醇厚鲜美，与其他地方美食迥然各异。

Half-Day Excursion | 半日游



Not Only Stir-Fry 美食不只是烹炒

Chinese cuisine is one of the world's oldest culinary traditions that was developed over the course of four thousand years. Chinese cuisine is of profound importance for countless generations of philosophers, scholars, poets, and ordinary people. The selection, preparation, and consumption of food is much more than a matter of sustenance in Chinese tradition. It is the art of maintaining a subtle harmony between mind and senses, and these culinary curated experiences will provide the right opportunity to savour this ancient knowledge.

Traveling through the synthesis of food by combining the elements of art and nutrition by savouring the local delicacies reveals lesser-known aspects of Chinese culture.

Every Chinese region often represents an area vast and specific traits and geography and nature which naturally developed in different cuisines. We are offering an experience that will bring you into a totally different culinary world, out of your the comfort area of your palate to a surprising and vivid new territory of taste.

Complete the picture adding up to local cooks, chefs, the artisans, the farmers. And as good cuisine has to be rightfully matched with drinks, we added in the scenario the new entrepreneurs challenging traditions with Shangrila wines and beers or Dali-crafted gin, plus of course the destinations' own highlights as well as breath-taking landscapes.

中国拥有世界上最古老的烹饪传统，4000年悠久的历史使中国在国际烹饪舞台上占据重要一席。中国的饮食文化来源于我们悠久的传统文化教育，从阴阳五行的哲学思想、道家理学和儒家的伦理观念，从诗经汉赋到唐诗宋词都能找到对美食的理解和描述。

游历在中国的烹饪世界里，品味当地的美味佳肴，你会发现中国文化中的优雅有趣且鲜为人知的一面。

中国幅员辽阔，地大物博，气候、物产、风俗习惯所产生的差异在饮食上产生了巨大的影响，形成了许多独特的美食风味。在这次的旅行中，你将遇到一个完全不同于以往饮食结构的烹饪世界。走出味蕾的舒适圈，迎接你的将是一场舌尖上的新体验！

美食前怎能没有美酒相伴？在中国云南的香格里拉，新一代的酿酒师们在这里遇到了理想的酿酒材料。他们不拘泥于传统，酿造出了独具本地风格的啤酒、杜松子酒以及醇厚的香格里拉葡萄酒。美景、美食、美酒，这正是一场完美旅行中不可或缺的元素！



**Not only recipes.
Not Only Stir-Fry.
Inventive experimentations
and culture is what you will
share along the way**

**不拘泥于食谱与烹饪方式，
每一道菜都有着别出心裁的
创意和文化**



A-Trails Selection 道成甄选

YUNNAN 云南味道

Three Cuisine Traditions | 云南三大菜系

Yunnan is possibly the most diverse of China's regions: from north to south you get the Tibetan plateau, hilly forests and volcanoes, lakes and tropical jungle mingling with the Myanmar, Thai, Laos and Vietnamese borders. Nearly 26 minority groups live here, a vibrant melting pot that creates a unique culinary legacy.

Bai, Naxi and Tibetans will be your guides in this journey toward the Himalayan Plateau.

Tea and flower cakes along the Dali Lake will be the base line of an intriguing exploration between tradition and the modern, eclectic vibe that constitute today's Dali. We will have an outstanding Cicero in Gil Foerster, introducing us to international cuisine based on local recipes and ingredients, and the latest trends on alcohol production. Mushroom hunting in Lijiang's woods and the discovery of Shangrila Tibetan hot pot, newly marketed beers and wines will complete your experience, while local cultures, side-car explorations and sightseeing visits will embellish the very diverse landscapes you will meet on your way.

云南或许是中国地理地貌最多元化的省份：既有青藏高原、山林和湖泊，又有与缅甸、老挝、泰国和越南边境交界处的热带雨林。近26个少数民族在这片土地居住，多民族聚居使得这里成为一个充满活力的大熔炉，也成就了其独具特色的烹饪传统。

在这场喜马拉雅高原的旅程中，云南白族、纳西族和藏族民众才是真正的主角。

沿着洱海享用特色茶品和鲜花饼，传统和现代美食的探索之旅就此开启，大理的饮食文化如今呈现兼收并蓄的特点：名厨吉尔·福斯特将介绍如何将当地烹饪技法和食材融入国际烹饪舞台，以及美酒佳酿的最新风潮。在丽江的山林中采摘食用菌，品尝香格里拉藏族特色火锅和新上市的精酿啤酒和红酒，让旅程更加完美。感受当地特色文化，搭乘三轮挎斗摩托开启探索之旅，在旅途中尽享多姿多彩的彩云之南。

5 days 4 nights | 5天4夜

Note: Our Food Expert Gil Foerster will join us soon launching his own food explorations along Yunnan and China. Follow us to be timely notified of departures dates and details! To know him more read his interview in the following pages.

温馨提示: 美食名厨吉尔·福斯特将联手道成开启中国各地的美食之旅。关注我们，以便获取更多详情。关于吉尔·福斯特的更多信息，请阅读第21页关于他的采访。



SICHUAN 四川省美食

UNESCO traditional gastronomy: original recipes, fine tea, history and landscapes. This is a luxury experience: top-notch properties for hosting your stay, temple-like atmosphere mixed with placid mountain views close to pandas' dwellings.

Not only will you delve deep into the authentic flavor of Sichuan food, but also experience dishes prepared by direct descendants of the real recipes' inventors. You will learn, under careful supervision, how to cook Sichuan dishes, instructed by masters. Relax and be pampered in at a luxury villa resort at Mt. Qingcheng. Enjoy the placid and stunning scenery enriched by secluded Taoist relics. You will have time to satisfy your curiosity with stories from the warring states period, while savouring your introduction to local elite tea.

成都被联合国教科文组织认定的世界美食之都。

尊享顶级住宿，感受群山环绕、庙宇般宁静的居住氛围。

不仅可以品尝到川菜烹饪技法始创者的直系后裔亲自烹饪的菜肴，还可以在名厨的指导下学习如何制作川菜。在青城山别墅度假酒店放松身心，静看云卷云舒，臻享绝妙美景，感受道观营造出的静谧氛围。在品鉴当地上好名茶的同时，还可聆听战国时期的逸闻趣事。

5 days 4 nights | 5天4夜



FUJIAN 福建风味

Hakkha Land Delicacies | 客家珍馐美味

This is the Hakkha stronghold: overlooking Taiwan, Fujian boasts two UNESCO Heritage sites while retaining its authentic charm from mass tourism boasts.

Set in a traditional and beautifully restored Tulou where you will discover the secrets behind the healthy and delicious local recipes under our expert supervision, not only this, you also get to enjoy hikes in the countryside and visits among the remote Tulou clusters located in the area.

The colonial atmosphere of Xiamen with its seafood cuisine will conclude this southern culinary adventure.

福建是客家人重要的居留地，客家文化有古汉族文化化石之誉，既继承了古代汉族文化又融合了南方土著文化。福建的鼓浪屿和永定土楼均被联合国教科文组织列为世界文化遗产。

在颇具当地传统特色的土楼里，在美食专家的指导下，探寻讲求健康和均衡的本土烹饪技艺。漫步乡间，参观特色土楼群。参观之余，我们的美食专家将带你揭秘客家人健康平衡的饮食习惯。

当年的“万国租界”被百年风雨洗礼后，终于变成了我们心中的万国花园。

4 days 3 nights | 4天3夜



Gourmand At Work April 2021

Following years of globe-trotting and investigating stories, French journalist turned chef, Gil Foerster. Gil decided to slow down and recuperate in the Dali Bai Autonomous Prefecture in the south-western province of Yunnan.

He opened a private kitchen named Casabai in a Bai village, cooking modern French cuisine with a twist and using fresh local ingredients.

With Spanish, German and French bloodlines, Gil grew up in the Alps. Adjusting to a countryside lifestyle in Dali, at the foot of Cangshan Mountain, was a walk in the park.

"It's a bit connected to the environment I had when I was a kid, except there's no snow in Dali. I miss that because I love the snow in winter, so something is missing in winter, but it's also very nice."

Gil graduated from Spain's University of Leon in 1991, majoring in journalism and Middle Eastern studies. He also studied Arabic. Since there is a large Arabic speaking community in France, he grew up with friends that spoke Arabic which gave him the curiosity to pursue it.

His goal was to become a journalist based in the Middle East so immediately upon graduation, he began investigating the illicit drug trade for Geopolitical Drug Watch, especially on how the drug was impacting international relations while based in Turkey and Middle East.

Afterwards he worked on press freedom in the Middle East and eventually went on to cover stories in Asia. He worked for magazines and newspapers as a writer and photographer, and also for many NGOs including Doctors Without Borders, Greenpeace and Action Against Hunger in 2012 and 2013.

During that period, Gil was based in Paris, so he constantly travelled back and forth, going to different places for months at a time.

"I was just looking for stories that hadn't been covered by all the other journalists."

But having gone to some very remote places to cover some very dark stories about people struggling in life and death situations, he found it difficult to adjust when he returned home.

"There's such a clash, such a difference between what you experience and then what you have at home," he said.

"You are living in a privileged environment, and your friends are not doing the same work, and they are not so much interested in what you are doing, so you kind of have a double life, this I think sometimes can be a bit hard, but you have to adjust every time, it was also a choice."

Gil first came to China in 1996 when he was writing a story on the Naxi minority culture. He went to Yunnan for the first time, where he slowly developed an interest in the place, but he didn't settle there immediately. Having already French, Spanish, German and English under his belt, Gil embarked on learning Chinese in Chengdu, where he stayed for five years for many reasons, before moving to Beijing – and that is where he started his home cooking in his traditional Siheyuan, and spent four years living there.

In 2014, tired of the urban lifestyle but not yet ready to leave China, he started looking at other places, including Xiamen and Taipei. A friend suggested that he take a closer look at the very traditional villages outside the city of Dali.

Gil wasn't the only one who relocated to Dali after living

in large cities. A lot of people also chose to relocate to the evergreen landscape to escape the pressures of urban life.

"Sometimes I like to call them social refugees, because they cannot find their place in the Chinese cities, because of work pressure, family pressure, or other personal issues that make them feel restless in a city. In Dali, people are looking to reinvent their lives, said Foerster."

There's no money to be made in Dali when compared to the big cities, one can make a living, no problem, but nobody gets rich in Dali.

Casabai opens once or twice a week, and Gil does his best to use local ingredients.

"I not only have the market, but also my garden and friends who are growing produce. I have a good friend from Iran who grows artichokes, which are not easy to find in China, as well as lemons, cherries and avocados. I have a Japanese friend who's growing his own rice and making miso and sake, and also a friend making amazing wine."

In Dali, people not only have access to lots of produce, but also know where it comes from.

"I think cooking is about giving a chance to people to have a link with the soil, that's what we miss in the cities, where there's no link," Gil said.

"If I want to cook as a French chef, I can go to Taobao and get everything I need and do the same food exactly like in Paris. I'm not interested in that, I want my food to connect to my land, to my garden and to the ingredients which are growing locally."

The only imported ingredients he uses are olive oil and some herbs. Not even the French cheeses because he wants to use the local rushan, a dairy fan that's made of milk, rubbing, and dairy cake, as substitute.

"I have neighbours who come to my home and they try the rubbing or rushan, they are shocked sometimes, because for years they are cooked in the same way as fried and never changed."

The majority of people who dine at Casabai are tourists from other places in China who have heard of the private kitchen and want to enjoy Dali more. Gil loves this way of connecting people and stories with food.

In his free time, Gil is also writing his first novel, something that's very different from the investigative stories he did before.

You will meet him in Dali taking part in our regular tours or probably organizing a tailor-made experience focusing on Dali culture and now food too. Follow us as we plan to launch Gil food itineraries around Yunnan in the near future, and possibly around China.

Savor this chance!!

晓松的私房菜非常有创意，在法国、西班牙和意大利菜系的基础上巧妙融合当地元素。他不制定固定的菜单，每日根据当地的应季食材决定菜单。有的是自己菜园里种的，有的是清晨市集买的，有的是朋友们送的，总能带给食客们出乎意料的惊喜。

因为美食，道成君有幸结识了晓松，了解到这个法国人背后的故事，他的经历与选择。

晓松拥有西班牙、德国和法国血统，在阿尔卑斯山脉地区长大的他，认为在苍山脚下的大理居住是一种非常惬意舒适的生活。

这里和我小时候的生活环境很像。我喜欢冬天下雪，虽然大理不下雪，这里的冬天似乎少点东西，但依然是一个非常棒的地方！”他说。

晓松主修新闻学和中东研究，1991年毕业于西班牙雷昂大学。在大学，他还选择学习了阿拉伯语，希望更多了解阿拉伯文化，因为在他成长的法国居住着大量的阿拉伯族裔。

晓松的梦想是成为一名派驻中东的新闻记者。在2012-2013年期间，他作为摄影师先后为杂志社、报社，以及许多非政府组织工作，其中包括无国界医生、绿色和平组织以及反饥饿行动组织等。

在那段时期，晓松常驻巴黎，他频繁的在亚洲和欧洲之间穿梭旅行，也会在不同的地方待上数月之久。

“我只是去寻找其它新闻记者尚未报道过的故事。”

在报道了一些关于偏远地区人们在生与死状况中挣扎的负面新闻后，回家后的晓松感觉自己很难调整和适应他所在的舒适环境中。

“你所看到的残酷现实和你所拥有的舒适生活产生的巨大对比和差异”他说：“你生活在一个舒适的环境里，你身边的朋友与你从事着完全不一样的工作，他们不能理解你做的事情，这种生活对比让我感觉非常难过。我必须做出调整，这也算是一种选择。”

他第一次来中国是1996年，当时的Gil正在写一篇有关纳西族文化的故事。在这个过程中，晓松渐渐的对云南这个地方产生了兴趣，但并没有选择定居在云南。会说法语、西班牙语、德语和英语，晓松先在成都居住了5年，学会了中文。然后在北京的胡同和四合院中找到了家庭烹饪的灵感。

而渐渐地，晓松开始厌倦了都市生活。他去了厦门、台北，却都找不到理想之地。在一个朋友提醒下，他决定重返云南，去看看大理周

边的传统村落。

晓松并不是唯一一个从大都市移居到大理的人，他遇见过很多和他相似的人——为了远离大都市的喧嚣，选择居住在这片四季如春的土地上。

“有时，我喜欢称他们为“逃离者”。由于工作、家庭的压力，或者只是难以适应都市生活，他们不能在社会中找到自己的位置。而在大理，人们希望重塑自己的生活。”

“跟其他城市相比，虽然大理赚不到什么钱，但维持生活足够了”

“我可以去市集上采购，也可以在花园里种菜，除此之外，还有很多朋友给我提供食材。我有一个来自伊朗的好朋友，他种植洋葱，这在中国可不好找。他还种柠檬、樱桃和牛油果。还有一个日本朋友，他自己种大米，做味噌汤和清酒，也有朋友在云南酿造美味的葡萄酒。”

在大理，人们不仅可以收获大量农产品，还能追溯到这些农产品的来源。

“我认为，烹饪就是让人们有机会与自然交流，这是在城里不可能有的体验”晓松说。

“如果我想像法国主厨一样烹饪法餐，我可以通过淘宝得到我所需要的一切，去做出和在巴黎当地一模一样的食物。但这样的菜肴没有灵魂，我对此一点都不感兴趣。我更希望把食物、土地、花园和本土食材联系在一起”。

唯一进口原料是橄榄油和一些草本植物，甚至连法国奶酪都没有，他用当地的乳扇（一种奶制品）以及乳饼、乳糕作为替代品。

“邻居们有时到家里来品尝乳饼和乳扇，他们非常惊讶我做的口味。多年来，他们一直用油炸的方法来做，从未改变过。”

晓松喜欢用食物把人和故事串联起来。在他的烹饪中，他会尝试各种各样的当地食材。私房菜对他而言，更像一场艺术表演，充满了各种偶然性，他用食物讲故事，和一群有故事的人演绎一场因为食物从陌生到熟悉的过程，食客们吃到的是他五湖四海的人生。

闲暇时，晓松也坚持写作。但和以前的记者报道不同的是，他正在撰写他的第一本小说。



晓松

2021年4月

20年的驻亚记者、3年的战地记者、摄影师，这就是Gil。作为一个在中国生活了12年的法国人，他给自己取了个中文名“晓松”。如今他住在云南大理一个100多年的白族老房子里，开了家私房菜餐厅，每周只做两桌创意私房菜。



在道成君的私人订制线路中，晓松私房菜是必推项目荐。美食，是一场旅行中不可或缺的内容，不仅愉悦味蕾，更是了解当地民俗风情的最佳途径。美食，是一场旅行中的不可或缺的内容，美食不仅愉悦我们的口感，更是了解当地民情和传闻轶事的一个最佳媒介。

尽情享受这次机遇吧！！



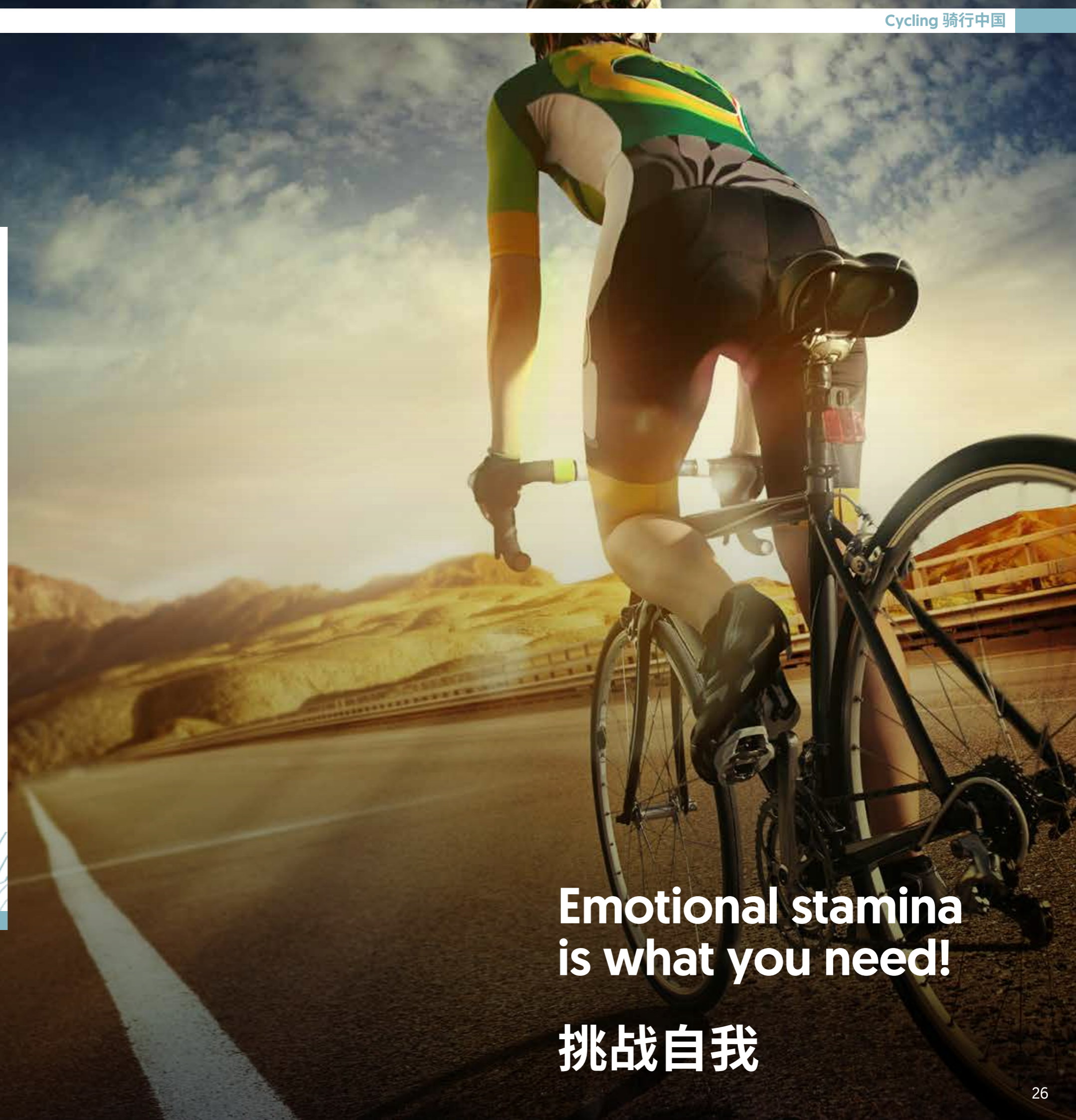
Cycling 骑行中国

You're in excellent hands when choosing your active adventure, regardless of your level of cycling expertise: from novice to expert. All you need is good health and fitness as well as a love for exploring the world under your own steam.

Biking provides the opportunity to get off the beaten path and experience the lives of the local populations. You will challenge your physical and emotional stamina while mingling in the lives of locals and transitioning from ordinary experiences to the extraordinary of place, culture, custom, and language. This remarkable journey will reveal an untapped world. This excursion provides the opportunity to absorb the landscapes from two wheels, including back-roads that few travellers ever see and the flexibility to hop off your bike when you want to take a picture or to share a laugh. A cycling trip in Asia is one of the most authentic ways to experience the region.

无论你是新手还是老练的骑行族，道成君都会根据你的骑行水平选择一条最适合你的线路。你所需要的，只是一个健康的体魄、一颗热爱骑行，敢于探索世界的心！

选择骑行，就是选择了一种健康的户外旅游方式。一辆单车、一种信仰、一个背包，便可以开启一场简单的环保旅行。骑行在河谷山野或林间小道，与当地居民近距离接触，感受不同的风土人情。在困难中挑战自己，在平淡中遇见精彩，在旅途的终点收获成功！



**Emotional stamina
is what you need!**

挑战自我



A-Trails Selection 道成甄选



YUNNAN 云南骑行

Shangri-la to Dali | 香格里拉至大理

480km over 7 days with a mixture of hill climbs with longer, flat terrain: one thing is for certain—views are filled with jaw-dropping scenery. This trip begins in Shangri-La, over 3,300 metres above sea level, and spends over a week above 2,500 metres. There's never a dull moment on this high-altitude journey through surprisingly diverse landscapes and cultures. Most of the days are packed with cultural experiences and scenic delights. The friendly locals, lack of tourists, stunning geography, and mouth-watering food will make it hard to say goodbye!

我们的骑行始于海拔3300米的香格里拉, 全程共有480公里, 历时七天。大部分骑行路段都在海拔2500米以上, 以平地为主, 部分路段为山地。沿途你会经过不同少数民族的村落, 与友善的当地村民互动交流, 一顿简单而纯粹的农家饭即可满足你的味蕾。

7 days 6 nights | 7天6夜



HAINAN ISLAND 海南环岛骑行

Yes, Hainan does not conjure images of much more than beaches and seaside. Allow us to show you a different side. With China's winters generally not so conducive to cycling, why not fly south with the birds and explore tropical Hainan Island by bike? We've designed a cycling tour to make the most of the winter season; a great opportunity to keep up with exercise and soak up some much needed vitamin D whilst experiencing local Hainanese food and culture. It's sure to be popular so get in quick! If you're freezing up north this is your ultimate escape. And if you want to experience even more...just tell us what you need!

海南岛只有美丽的海滩和滨海景色吗? 不! 跟随道成君的脚步, 一起来探索更有趣的海南岛! 海南岛是中国唯一的热带群岛, 拥有美丽迷人的自然海滨风光、热带雨林景观和南国特有的椰风海韵。在冬季来温暖的海南岛享受户外阳光、海鲜大餐和环岛骑行的乐趣吧! 在骑行之后, 我们建议你在海南岛稍作停留, 延住几日, 尽情享受这里温暖的阳光、柔软的沙滩和冲浪、浮潜和高尔夫等各式各样的户外活动。骑行路线: 文昌-博鳌-兴隆-琼州-五指山-保亭-三亚。

8 days 7 nights | 8天7夜



SHANGHAI 老上海法租界

If you are going for business to Shanghai or visiting a friend who is busy during the day, we have a fun and worthwhile suggestion to discover another face of this megapolis. Our half-day trip starts in the Former French Concession, under tree-shaded boulevards and tiny hidden streets, among all the art-deco buildings and historical villas. This trip also includes street-food, a local lilong and market exploration, a visit to hidden temples and the opportunity to have a glimpse of the real local life.

如果你在上海只做短暂停留, 道成君建议你跟随我们的专家走一次私家法租界骑行之旅。法租界应该是上海最具欧陆风情的地段, 除了路旁栽满了高大的法国梧桐, 还有极具历史文化气息的老派建筑。骑行在林荫小道, 法租界的风情和市井尽显浪漫情调。在上海, 看到的是中国的过去、现在和未来, 感受到的是浓厚的历史文化气息。

Half Day | 半日游



NINGXIA 宁夏骑行

A salubrious cycling saunter through Ningxia's wineries, food and history featuring desert and mountain backdrops and green agricultural oasis. When not busy cycling through Yellow River wetlands, green agricultural pastures, and desert scenery, you will meet vineyard owners and learn about the grape production in Ningxia. On this journey, you will meet local Hui villagers, and learn about their traditional customs and discover the ancient Great Wall and remnants of the Tangut dynasty. A very different itinerary to discover another side of China, a rare experience, very few try!

一路骑行, 经过黄河湿地, 绿色牧场和戈壁滩, 道成君带你造访当地不同的酒庄, 了解酿酒人在宁夏经历的不平凡的故事, 也许会邂逅一些回族村民和他们聊聊本族的文化传统, 我们也有机会一同去探索古老的长城和西夏王陵。让我们一起感受塞上江南。

8 days 7 nights | 8天7夜



Self-guided Discoveries 半自助游

This is a new development, potentially meeting the requirement for a more flexible approach to your holiday.

The aim is to provide some basic services and pre-arranged experiences from wherever different tours begin, this way we can help you to explore your chosen destination at your own leisurely pace [see Overland Guizhou at page xx for example].

Assistance will be provided by Atrails WeChat concierge who are there to help you along the way. We strive to provide you with a smooth experience: drivers at fixed pick up spots for transfers and pre-arranged excursions, on top of all the lodging. You can also expect to receive maps and instructions on how to reach your bike hire place from the hotel, or the cycling route to the best spots where further activities await you. If you do not fancy this, you can totally go your own way, and create your own adventure based on the basic package.

这是一项全新的旅行模式，你可根据自身需求灵活调整度假规划。

这是一种半包价式的旅行规划服务，其目的旨在常规旅游服务项目中做减法，使客人能够在旅途中最大限度地享受自由。

道成君为你提供的服务包含酒店或民宿预定以及用车服务。提前为你策划当地旅行地图或有趣的骑行线路。这种新兴的慢旅行方式，是一场专属于你的发现之旅。



**Our main goal is
that you enjoy your
holidays, the way you
imagine it**

我的假期我做主



A-Trails Selection 道成甄选



GUILIN + GUIZHOU 桂林+贵州

From Guilin, you travel to the stunning Longji rice terraces, situated in a jaw-dropping location with breathtaking views. Hike among this paradise to Miao villages and stay a night in a traditional house before enjoying Guilin's night atmosphere before cruising towards the karst in Yangshuo to explore the back-roads and farming communities on a bike. Village visits, cave exploring and hikes, bamboo rafting, swimming in the rivers or just plain relaxing in our selected accommodation is included based on our schedule or go at your own pace to enjoy this amazing destination.

中国最美梯田之一龙脊梯田，是桂林地方规模宏大的梯田群，顺着山脊修建的梯田宛如巨龙伏卧云间。找一处绝佳的位置欣赏让人惊叹的壮观风景，漫步在梦幻般的苗寨村落中，尝尝农家菜，体验少数民族风情。从龙脊返回桂林稍作停留，启程前往阳朔，欣赏著名的喀斯特地貌群。随意选择骑行探索乡间小道、洞穴探索、徒步之旅、竹筏漂流、游泳、或是在民居中小憩，尽享多样化的阳朔。

 7 days 6 nights | 7天6夜



GUILIN + YANGSHUO 桂林+阳朔

From Guilin airport, you will cruise among the amazing karst formations in Yangshuo by the Li River. Here true exploration begins: bamboo rafting, cycling, and hiking the countryside whilst taking rests in sleepy riverside villages, traditional residences, and refurbished courtyards in the vibrant downtown area. Our support will be discreet to fully enjoy this tranquil place.

桂林的美景令人惊叹！从一下飞机开始，你已经置身在中国的山水画中了。可乘坐游船从桂林一路沿江而下，在阳朔停留开启度假模式：竹筏漂流，自行车骑行，徒步和攀岩或者什么也不做，仅仅在露台上享受一杯香浓的咖啡，读一本有趣的书。

无论位于河边的传统乡间屋舍、或是整装一新的闹市庭院，淳朴的阳朔人都会提供细致周到的服务，让你不虚此行。

 4 days 3 nights | 4天3夜



Family Fun 家庭亲子游

Chinese say read 10,000 books and travel 10,000 miles. Travel can be an enlightening and eye-opening experience for children of all ages: new foods, novel experiences, and intriguing sights, as well as quality family time. An endless array of choices awaits you. We do all have unique circumstances and situations to consider when deciding on our holiday destinations. However, whatever you choose, we'll make your travels with kids an absolute breeze. After all, you and your family should enjoy every moment seeing the world and creating lasting memories. Isn't that the point of travel in the first place?

We can begin with a few easy experiences: you may bike the Yangshuo karst landscape with your kids, visit the Giant Pandas or the Shaolin Monastery for some unforgettable Kungfu lessons. If that doesn't tickle your fancy then explore the Xishuangbanna jungles, an adventure your kids will never forget!

正如“读万卷书，行万里路”，旅行可以开发心智、开阔眼界、启迪智慧。与家人一起开启一段心灵之旅：欣赏如画美景，品尝地道美食，享受一段高质量的亲子时光。道成君将为每个家庭定制专属旅行计划，使你的出游变得轻松无比。看世界的每一个精彩瞬间，旅行定格在幸福与快乐之中。

Capture your moments! 捕捉精彩瞬间!

Transform your memories into permanent and beautiful images. Capture the moments of your journey, those unique moments that you will never want to forget. There is no better souvenir to have than booking our Photography Expert to follow you on your trip and capture you in wonderful moments, memories you would want to cherish!

将美好的旅行回忆化为永恒的影像记录。捕捉精彩旅行瞬间，定格每一个难忘时刻，最理想的旅行留念莫过于此。



Travel can be an
enlightening and eye-
opening experience for
children of all ages: so
come and explore with us!

读万卷书 行万里路



A-Trails Selection 道成甄选



YUNNAN FAMILY FUN 云南家庭游

We designed this leisure holiday for your family, visiting well-renowned Yunnan gems alongside the stunning landscape, the chilled Dali lake, the mountains, Bai villages, The Dragon Jade Mountain overlooking the horizon of UNESCO Heritage Lijiang. Not only this, you will also visit the inspiring village of Shaxi, a cross-way for the tea caravan, blessed by the Buddhist grottoes of Shibaoshan. You will find entertaining activities for the little ones to enjoy the minority cultures along the way (Bai, Naxi). The itinerary will leave ample time for your own explorations, while giving you the right amount of highlights to create lasting memories. Contemporary art, landscapes, entertainment, culture, and much more. In a nutshell, a different world from the cities we encounter daily.

此行程中道成君为您的家庭甄选云南的知名景点：洱海、苍山和白族村寨、被列入联合国教科文组织世界文化遗产的玉龙雪山，因茶马古道而闻名的沙溪古镇，还有石宝山石窟。我们还为小朋友准备了许多趣味活动，让他们在游玩的同时学习少数民族（白族和纳西族）的文化知识。行程中会为您预留足够的自由活动时间探索美景，为这场旅行留下属于你们的难忘回忆。

这里有着与现代社会截然不同的艺术风格、景观特色与传统文化，快来享受这场与众不同的旅游吧！

📍 **Yunnan | 云南**
📅 **7 days 6 nights | 7天6夜**



XISHUANGBANNA FAMILY TREK 西双版纳亲子徒步

The rainforest of Xishuangbanna offers rare phenomena such as buttress roots, strangling figs – flowers that grow on old tree stems – and much more. In this part of the China, nature and culture go hand in hand, and the area offers a unique opportunity to encounter the different minority groups in an authentic fashion. This itinerary is suitable for families and will help children learn more about nature, and develop their adventurous spirit.

西双版纳是镶嵌在祖国南疆的一颗璀璨明珠，备受阳光雨露滋润。在西双版纳热带雨林，有千万种野生动植物，走进这片奇幻的原始森林，便是生命最原始的回归。跟随道成君，穿越热带雨林，观赏板状根、绞杀榕等自然奇景。

本行程适合家庭出行，孩子可以亲近大自然，学习更多自然知识，培养探索和冒险精神。

📅 **5 days 4 nights | 5天4夜** 📍 **Xishuangbanna | 西双版纳**

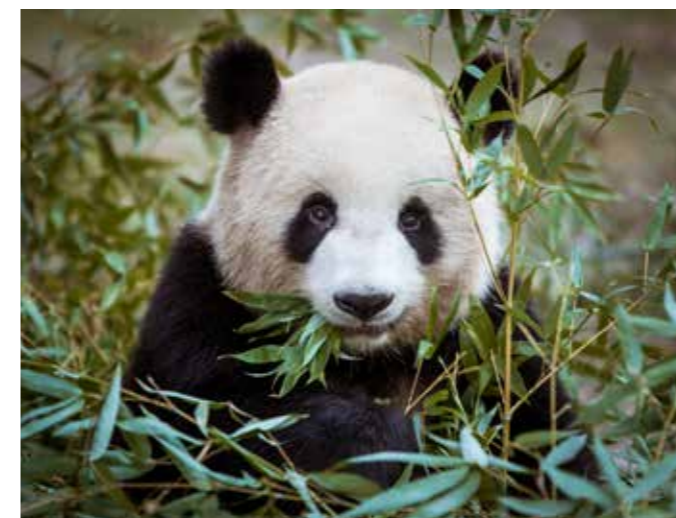


YANGSHUO FAMILY BIKE ADVENTURE 阳朔亲子骑行

Yangshuo is one of China's most family-friendly destinations. There are numerous activities to keep the kids entertained, as well as plenty of activities for the parents, whether they prefer things adventurous, relaxed, or a bit of both. With beautiful rural karst mountain scenery and fresh air, Yangshuo is a perfect family destination.

阳朔是最适合家庭出行的旅行目的地之一。这里不仅有十几项可以让孩子愉快玩耍的活动，也拥有许多适合大人的活动。在阳朔，你可以欣赏到独特的乡间喀斯特地貌，呼吸到新鲜的空气，还可以拥有一段愉快的家庭时光，这是家庭出游的理想目的地！

📅 **5 days 4 nights | 5天4夜** 📍 **Guangxi-Zhuang | 广西壮族自治区**



KUNGFU & PANDA TRAIL 功夫&熊猫

Well, nowadays, kids are really into these two, we can blame Disney! Why not explore where it all started? Embark on a trip to Shaolin where the young will have the chance to train in the very monastery itself, and then move towards the Panda land in Sichuan. This is a highly customizable itinerary where we may easily add the Yangtze Cruise or the Guilin and Yangshuo karst formation for an iconic travel experience.

在孩子们的世界里，功夫和熊猫这两个词汇有着密切的联系，那为什么不去探索一下这两者的发源地呢？第一站，前往少林寺，让孩子们亲身感受功夫的魅力。紧接着，我们去四川大熊猫保护基地，观看圆滚滚的熊猫。这是一条根据需求私人定制的线路，沿途可以增加长江三峡游或延伸至桂林和阳朔。

📅 **7 days 6 nights | 7天6夜** 📍 **Henan - Sichuan | 河南, 四川**



Overland 越野自驾

Explorations by Jeep or self-drive options 陆地探索

A series of explorations where guests can decide to drive a Jeep or SUV with our specialist accompanying or following them behind in a support car. Itineraries are designed for free-ranging meaningful encounters assisted by local experts who help visitors appreciate the places they are visiting. Experience overland adventures to locales few travellers ever get to encounter, and participate in activities guaranteed to provide rich exposure to local history, culture, people, and landscapes. These trips are perfect for the more active and adventurous traveller, and for groups too.

In terms of accommodation, you can choose home-stays, basic or luxury rooms, subject to what is available in the area at the time of booking.

We're committed to making a positive impact by putting local communities first and supporting conservation initiatives. All our journeys are based on responsible travel principles, and we support organizations that preserve habitats and empower local communities.

跟随道成君,乘坐四轮驱动行驶在人迹罕至的静谧山谷中,等待你的将会是一场不同寻常的体验。我们致力于深度展示地方文化及风土人情,在欣赏宜人景致的同时,走访当地的村民,了解每一段美丽风光背后的故事。这个产品是活跃的旅行者或者团队出行极佳选择。

此线路为大自然的亲近者设计,沿途的轻奢山居或原生态民宿都可是你的选择。

基于旅行社的社会责任感,道成支持并倡导地方原生态的人文和环境保护,在开发产品的同时关注地方社群的利益,使当地居民受益于绿色旅游开发并以此产生积极的社会影响。



For the intrepid traveller
探险者之旅



A-Trails Selection 道成甄选



QINGHAI 大美青海

The highlight of this remarkable 2000km+ journey is the crystal-clear waters of Qinghai Lake and the striking bloom of the colza flowers in season along with five other remote, rarely visited lakes. Grasslands, dunes, the Qilian mountain range and memorable geomorphic formations will be your backdrop as you explore this landscape by highway and back-roads. You'll never forget the mythical U-Highway and its endless curves!

盛夏时节我们推荐青海湖全线游。在2000公里的旅行线路中，湛蓝的湖水和盛放的油菜花一定令你眼前一亮。这里有翠绿的草原、绵延的沙丘以和高耸陡峭的祁连山脉，这些独特的地貌一定令你流连忘返。

 5 days 4 nights | 5天4夜



@ Maxime Tondeur

GUIZHOU 地道贵州

Guizhou is a drawback region, still vibrant with authenticity and the kind of charm only Asia can provide. Among rice terraces and hills with amazing and colourful tribes that will provide you with memorable encounters. This itinerary incorporates home-stays and intimate interactions with local hosts, their traditions, and crafts.

贵州是一个尚未被过度开发的地方，在梯田和山丘间居住着生机勃勃的少数民族，这个地方仍旧保持着淳朴的面容和独属于亚洲的魅力。与最食人间烟火的部落族人亲密互动，近距离感受接触当地风俗文化和传统手工艺。

 5 days 4 nights | 5天4夜



@simone sturla

YUNNAN 多彩云南

The Tea Corridor | 茶马古道

From Dali through the Shaxi forgotten crossway, up to the stone towns of Lijiang and Shangri-La, cutting through the Tiger Leaping Gorge, and getting as far as Benzilan, you will meet Bai, Naxi, and Tibetans along your way. Passing from the green hills and placid lake of Dali, you will ascend to over 3300m to the rough Tibetan plateau and its distant peaks. We guarantee you will see remote temples, villages, dramatic landscapes and enjoy friendly encounters – and much more!

走过翠绿的山丘和大理静谧的湖水，穿过茶马古道上的重要驿站沙溪古镇，前往丽江和香格里拉古城，抵达海拔3300米、地势崎岖的青藏高原。古寺庙、古商铺、古巷道、古寨门、古老的青石板街道和百年古树，都是这里独有的味道。

 8 days 7 nights | 8天7夜

Cross Border 跨境游

China to Vietnam 中国至越南

Our partner LUX* Resorts & Hotels just opened a brand new tropical themed contemporary boutique resort in the heart of Guangxi. It's as beautiful and mesmerising as the surrounding countryside where China and Vietnam meet.

Set on the banks of the Mingshi River, the resort is surrounded by lush, picture-perfect tropical gardens nestled amid unforgettable karst rock formations. It is a sanctuary designed for discerning travellers who crave meaningful connections and off the beaten track experiences.

最近一家现代感十足的精品酒店在中越边界惊艳亮相，它就是广西崇左秘境丽世度假村及别墅酒店。

酒店坐落于明仕河畔，周边环境绿意盎然且具有喀斯特地貌的热带花园。酒店与周边的乡村融为一体，景色迷人且远离喧嚣，对于那些眼光独到的旅行者来说，这里无疑是理想的避世之所。



LUX* Resorts & Hotels is A-Trails Preferred partner
丽世酒店集团是A-Trails的优选合作伙伴

It's an extraordinary
journey linking China
to south-east Asia

中越跨境非凡之旅

Cross Border 跨境游



@LUX*

There is something to be said about borders, they are the in-between spaces where civilisation collides and become a melting pot to form a culture. Chongzuo is only a 10-minute drive from the border of Vietnam. The forested and mountainous landscapes are home to thousands of species such as the rarely seen clouded leopard and white-headed black langurs. As you embark on your journey into the historical and cultural heart of Guangxi, you will discover the region's exquisite cuisine and encounter some of the most hospitable people ever. You will marvel at the Detian waterfall – the largest falls shared by two countries in Asia – and other natural attractions, from caves to canyons and natural parks.

崇左距离越南边境只有10分钟的车程，在这里中越两国文化相互碰撞，即独具特色又融为一体。植被丰富的广阔群山和枝繁叶茂的森林孕育着数以千计的动植物种类，例如国家一级保护野生动物云豹和黑白长尾猴。气势恢宏的德天瀑布横跨中越两国，是亚洲第一大跨国瀑布。同时，还有数不胜数的洞穴、峡谷、自然公园等天然美景。当你进入这个边境小城时，等待你的是热情好客的崇左人和令人馋涎的美食。

@LUX*

Next, you'll cruise to the stunning natural wonder (UNESCO Heritage Site) of Halong Bay and its 1,600 limestone islands and islets.

如果崇左的旅行会让你意犹未尽，我们还安排了跨越中越两国的跨境之旅。游客可以过境前往越南佛教竹林禅派的发源地——安子山，这里被视为距今700多年前的陈氏王朝的佛教之都。



@LUX*

This international trail ends on the banks of the Red River in Hanoi, one of the world's most ancient capitals. Here, you'll find well-preserved colonial buildings, ancient pagodas, and excellent museums. It's a great destination to explore on foot, a city known for its delectable cuisine, vibrant night-life, silks and handicrafts, and multi-cultural community made up of Chinese, French, and Russian influences.

这条跨境线路的终点是河内的红河。作为世界最古老都城之一的河内，这里拥有着许多殖民时期的建筑，古老的佛塔和独具特色的博物馆。漫步在城区，这里不仅有各式各样的越南美食、活力四射的夜生活和精致的手工艺品，还能体验到中法等国在此遗留的多元文化影响。



They're brimming with biodiversity and surreal scenery, explore it by kayak, swimming, or hiking.

接下来便是拥有海上桂林之称的河内下龙湾，被联合国教科文组织认定的世界文化遗产。1600个石灰岩岛屿拥有多种多样的生物群以及离奇怪诞的美妙景色，游客可以在这里乘坐皮划艇肆意游玩、在海里畅快的游泳、亦或是徒步欣赏美景。





EPIC 极致之旅

You won't want to miss the opportunity of going to these truly amazing destinations, previously closed to foreign tourists till 2019. This trail is designed for intrepid travellers which allows them to discover this unique region's heritage by exploring the gems of this land. For centuries, people have been fascinated by Shambhala, a mythical Buddhist kingdom. It is rumoured to have inspired British man named James Hilton, author of the 1933 novel Lost Horizon, in which he calls Shambhala, Shangri-La, a paradise on Earth tucked away in a Tibetan valley. Located at dizzying heights on the Tibetan plateau, home to a number of UNESCO World Heritage Sites, populated by Tibetans, and even more fascinating, it is home to twenty-five ethnic minorities who call Yunnan their home. Most of all, many of the locals still adhere to ancient traditions and customs going back centuries.

Geographically, the people here were separated by soaring mountains and deep gorges that enabled them to develop distinctive ethnic cultures. Over centuries, Kham Tibetans built big white wooden houses, and developed their customs and traditions. Tibetan Buddhist monks built monasteries with golden roofs that shine in the sun whereas non-believers blended Catholic teachings, and local indigenous beliefs to suit them in quaint Catholic churches surrounded by vineyards. Further up in the highlands, the Lisu dwelt close to the banks of great rivers and extracted salt from water basins perched at the edge of dramatic drops. It's a magical abode where the highest number of sacred peaks in the Himalayas pierce the sky and will touch your soul, and that is not an exaggeration.

总有一些你从未踏足,却仍心怀万分期待的地方。你清楚地知道,此生或早或晚都会到达那个地方,那就是滇藏公路。一条为勇敢者打造的探险之旅,怀着赤子之心,带着些许感悟,沿着这条线路去探索独特鲜活的文化遗产。数个世纪以来,有关香巴拉王国的神秘传说一直吸引着许多人。据传闻,英国作家詹姆斯·希尔顿于1933年发表的《消失的地平线》也受到了香巴拉王国的启发,在他的作品里,香巴拉王国被称为香格里拉,一个隐藏在西藏峡谷中的天堂。这里拥有着数个联合国教科文组织的世界文化遗产,当地居民主要由藏族和其他25个少数民族组成,他们依然遵循着古老的传统和习俗。

高山峡谷等天然地理屏障使这里的居民过着与世隔绝的生活,也因此风格迥异的民族传统被保留了下来。数个世纪以来,康巴藏民在这里修建了许多民居和寺庙。一栋栋白色的藏房仿佛一颗颗被撒在山间的珍珠,藏传佛教寺庙的金色屋顶在阳光下熠熠生辉。在这个藏传佛教信仰浓厚的地区,至今还居住着一些天主教徒。品尝一口香甜的玫瑰葡萄酒,耳旁是藏人声声虔诚的祷告,眼前是当年法国传教士种植的葡萄园,时光仿佛回到了一百年前,继续前行,向青藏高原腹地进发,就能遇见久居在江边的傈僳族人。喜马拉雅最神圣的山峰——南迦巴瓦峰就坐落于此,状若长矛,直刺苍穹。

For the wild at heart
人生当恣意



A-Trails Selection 道成甄选



@songtsam

OVERLAND TO TIBET 滇藏线 通往西藏的阶梯

A unique road adventure open to foreigners for the first time ever | 独具特色的公路探险之旅首次向外国人开放

The Tea Horse Road, an ancient trade route linking China's tea-producing areas with Tibet, runs through areas home to a diverse range of ethnic groups. For hundreds of years, horse caravans traveled along this route carrying tea to Tibet and India, and bringing other commodities back to China. The corridor remains rich in culture, as all the different ethnic group still interact with each other on a daily basis. Today, one can travel along this ancient trail and explore unique flora and fauna, including more than 3,000 species of orchids and 200 of the world's 400 species of rhododendron. This may well be the most biologically diverse temperate region on earth with soaring snow-packed peaks standing guard over rugged landscapes carved out over eons by the Yangtze (Jinshajiang), Mekong (Lancangjiang), and Salween (Nujiang) rivers – a landscape nestled in the deep gorges under the bluest and clearest of skies.

茶马古道是我们历史上内地和边疆地区进行茶马贸易的古代交通路线。滇藏古道居住着不同的少数民族。数百年来，成群结队满载着茶叶的马队走过这条路，将茶叶带往西藏和印度，又将西藏和印度的特产带回中国。如今，这条古道依然充满着浓郁的文化气息，影响着不同民族的日常生活。如今这条古道上至今还保留着独特的动植物群，其中包括3000多种兰花和200多种杜鹃花，这里或许可以被称为地球上物种最为多样化的温带地区。高耸的山峰被厚厚的积雪覆盖，湛蓝清澈的天空下，长江（金沙江段）、湄公河（澜沧江）和萨尔温江（怒江）顺着幽深的峡谷倾泻而下，经过上万年的时间雕刻出的这崎岖的地貌风景。

Yunnan-Tibet | 云南-西藏 📅 **12 days 11 nights | 12天11夜**



Songtsam is A-Trails preferred partner
松赞集团是A-Trails的优选合作伙伴



@songtsam

EAGLE TREK 滇藏空中之旅

The ultimate experience | 终极体验

What we know and feel about this world is based on the perspective and vision gained by this way of travelling. To fly at an altitude of 4000-6000 meters through white clouds and observe the most sacred peaks in the Himalayas face-to-face eliminates the barrier of time and space, giving one the rare experience of ever-present momentum, like an eagle's flight. This is China's first long-distance, low-altitude civil sightseeing route and the only way to get a bird's eye view of the currents of the Three Rivers at a low altitude. You will enjoy spectacular views whilst soaring over hundreds of snowy mountains and thousands of glaciers. It is possibly the BEST new luxury program since 2020 and surely one of the most intriguing low-altitude flights in the world. Remote luxury lodges settled in pristine landscapes form the logistical backbone of this breathtaking flying experience along the Yi-Tibetan corridor.

我们对于世界的认知与感受是基于“移动”所产生的观点和想象。在4000至6000米的高度，穿过洁白的云彩，冲破时间和空间的障碍，俯身低瞰喜马拉雅山最为神圣的山峰。这是一场人生中少有的体验，像一只鹰一样在天空中自由翱翔。这里是中国首条长距离、低空飞行的观光路线，是低空纵览三江美景、飞越俯瞰数百座雪山和数千座冰川的唯一方式。这或许是自2020年以来最精彩的线路，也是世界上最引人入胜的低空飞行之一。一座座有着原始风貌的轻奢山居散落在这条沿着藏彝走廊的飞行线路上，择一惬意山居，尽享快意人生。

Yunnan-Tibet | 云南-西藏
7 days 6 nights | 7天6夜



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松赞集团是A-Trails的优选合作伙伴



@Mathias Guillin

Mathias Guillin

April 2021

Mathias is a renowned professional French photographer and history buff who has been working in Shanghai since 2005. His photographs mostly focus on architecture and landscapes, however, he also enthrall in portraits and can do wonders with light!

As Mathias explored the outdoors and unknown parts of his city, he always kept his camera or his drone beside him. We had the rare opportunity to see some of his personal work, and then grew very interested in sharing the opportunity to have such an individual share his passion about his travels and stunning landscapes of China.

Drone (aerial) photography is his latest interest, and this kind of traveling workshops is among our offerings. You will see his images in the magazine, the pictures speak for themselves, no words are needed to describe the immense beauty.

In this interview, we took the liberty to ask him some interesting details about himself, to reveal the man behind the talent.

Watch out for the news about his special endeavours, or enquire within to arrange a private one!

Mathias, tell us what a client may expect during a trip with you?

Transform their camera from a mysterious object to a useful tool to take excellent shots.

Nowadays we all have these wonderful phones in our pockets and they are so easy to use, unlock, shoot, repeat. We end up with hundreds or thousands of images which are never seen, rarely selected properly, and even more, rarely edited. My goal, is to show my fellow travellers that with a little bit of focus (no pun intended), understanding how their camera works and reflection, we can reduce the number of "so-so" images and get some "I'm proud of that shot" images that we want to share and print.

China is a very big place, but tell us a couple of your favourite images of the country?

This is one of the toughest questions you can ask a photographer. Among the thousands I took and hundreds I really love, how can I choose?... Nevertheless, I can give top 3.

I was visiting this little village near Wuyi in Zhejiang, lots of narrow paths wandering through the houses and then I fell upon an opening and that lady working on dry wood. I like the atmosphere of the picture, her attitude surrounded by her house and tools she is using everyday. Symbols of a simple but hard life.

Last year, I travelled in the West (Qinghai-Gansu-Inner Mongolia). I had a precise itinerary and knew exactly where to go to find all the interesting spots to take pictures. But sometimes the unplanned locations turns into the most attractive. In this case, I was driving to an area spotted on Google earth where the earth is red. As I was driving, I saw a large patch of yellow on the side of the road, and after driving several hundred meters, the yellow colour was still there, so I stopped, used my drone and was stunned by the view. It was like a "painting" which was the result of the drying of the corn, laid on the ground over several square kilometres. This one picture from that series, is really like an abstract art piece.

The desert of Badain Jaran in inner Mongolia is a fantastic place to visit and there is plenty to see when you wander,

and drive around. The many lakes, sometimes colourful, are stunning but the sand dunes are beautiful as well with shapes that are very elegant and majestic. On the last day of our trip, I spotted that shape in the distance. Thanks to a good tele-lens on my camera, I was able to isolate it from the surrounding landscape and take a picture of what I named "Wings of Badain Jaran"

About Western China, why did you choose Gansu - Qinghai - Inner Mongolia, above others?

The 3 regions I visited last October are remote, sparsely populated (14 hab/sqkm for Qinghai), very large, possess large and diverse landscapes and according to some travel guides, they also have a few sightseeing spots. Further aerial exploration using Google Earth showed that there was much more to see and I decided to take the plunge.

So tell us a secret of the trade; what is your favorite piece of equipment?

I have been a Canon user for more than 30 years and currently the EOS 5D4 is my shooting companion. My favourite lens for that trip was the 100-400mm tele-zoom. It enables you to catch details of the landscape, works perfectly for stitched panoramas in high resolution and is also great for wildlife shooting, occasionally with an extender. But for this trip, I took most of my pictures with a DJI MAVIC Pro 2 drone. This is the most useful tool to try and capture the immensity of the sceneries and in some cases, it is the only way to fully capture what is around you!

Please share one tip with your fellow photographers in China.

Keep an eye for sceneries and sightseeing spots that are not listed in the travel books. They are often just as nice and are devoid of visitors, making it a perfect spot to capture unique pictures.

Why you decided to be a photographer and why are you in China now? (ok bit cliché, but base line I would like to ask)?

I started taking pictures at 10 years old, developed photography as a hobby while I was studying and managed to buy my first SLR after my studies. The passion turned into a job after I found some companies ready to pay me for my pictures. Instead of spending money to shoot, I was paid for it, I couldn't be happier. China with an economy that has been growing so fast in the last 20 years offers great photographic opportunities in many areas, from architecture to people, from unknown landscapes to iconic skylines.

Where will you go on your next trip? And... your dream trip?

Next trip will be to the south, as I would like to explore the coast of Beihai. I have been told that it is still not very developed with a superb coastline.

Dream trip is the East African Rift valley, those sceneries are the witnesses of the Earth's early days and have a mixture of colourful landscapes with an incredibly diverse wildlife.

马蒂亚斯自2005年定居于上海，是一位知名的法国摄影师和历史爱好者，他十分擅长光线效果，主要作品聚焦城市建筑、自然风景和人物影像。

马蒂亚斯有个一成不变的特点，就是每次出现在人们视线中时，他总是随身带着相机和无人机。他喜欢捕捉城中人们司空见惯却不被关注的精彩瞬间，一次偶然的机会，道成君发现了他精彩的摄影作品，在此与大家分享他的作品，我们相信他的摄影工作室能够为你提供高质专业的摄影指导。

如果你希望看到马提亚斯的作品，请仔细阅读我们的旅行杂志，其中的许多图片均为马提亚斯提供。

为了让大家更多的了解这位才华横溢的摄影师，我们对马提亚斯进行了专访。

如果你是摄影爱好者，欢迎加入道成摄影团。

马蒂亚斯, 告诉我们参加摄影团的客人, 会有什么期待?

把他们的照相机从一个神秘的物件变成一个有用的工具，一个拍出好照片的工具。

如今我们有很好的智能手机，用起来非常简便。只需按动按钮，就能拍出成百上千的照片，然而人们却很少用心地去挑选和编辑。我觉得这很遗憾，我的目标是向我们的旅行客人展示一种方式，仔细了解照相机的成像原理，少拍些平庸的图片，多拍一些引以为傲、打动人心 的作品。

中国幅员辽阔, 跟我们聊聊你在中国拍摄的最喜欢的作品。

这个问题对摄影师来说很难回答，我拍摄的几千张图片里面有几百张都非常喜欢，很难给出答案。但尽管如此，我还是想分享3张我最喜爱的照片。

我当时正在浙江武义的一个小村庄里采风，在蜿蜒的土路尽头一转弯遇到这位农妇，她正抱着一堆干柴忙碌着。我很喜欢这张照片上衬托出的一种氛围，她的姿势、身后的房屋以及旁边的农具，都表现出乡村简朴生活的本质。

去年我在青海，甘肃和内蒙古旅行，我提前准备了一份详尽的的行程日志，包括去哪些地方拍摄哪些有趣的画面。然而最精彩的地方却往往在意料之外。我在谷歌地图上看到一片红色的土壤，于是驱车前往，映入眼帘的却是金黄色的土地，开出几百米后仍然是大片的金黄色，于是我停下车来，带着无人机下了车，我被眼前的景象惊呆了，风干的玉米铺在地上，绵延数平方公里，就像一幅油画一样。这就是那个系列的图片之一。

内蒙古的巴丹吉林沙漠是一个精彩纷呈的地方，不仅有许多绚丽无比的湖光水色，也有很多或恢弘或优雅的沙丘。在行程的最后一天，在流动的沙丘中我发现了一个形状特异景象，于是用长焦镜头捕捉下来，我把它命名为“巴丹吉林之翼”。

你为什么更加偏爱甘肃、青海和内蒙这些西部地方呢?

去年10月，我去了这三个地方。它们地处偏远，人口稀少（青海平均每平方公里只有14个人），土地辽阔，景点众多，但还有更多鲜为人知的地方值得我们去探索。

如果不介意的话, 能否告诉我们你最喜欢的摄影器材是什么?

我是佳能30多年的老用户，目前使用的是EOS 5D4。在最近的旅行中，我用的是100-400mm长焦镜头，它能够捕捉住很多细节，在高分辨率下也可以将细节跟全景完美表现；当然用它来拍摄野生动、植物也非常好，我偶尔也用镜头延长器来加强效果。我的很多照片都是用DJI MAVIC Pro 2无人机拍摄的，非常机动灵活，可以选择最佳拍摄视角，在某些特定情况下，这也是感知周围风景唯一的方法。

请给我们的摄影爱好者们一些好的建议。

关注那些还未在旅行手册上标注过的风景，这些地方往往人迹罕至，景色鲜活生动，是摄影师和摄影爱好者的理想选择。

为什么你决定要成为一名摄影师, 为什么选择了中国?(虽然是老生常谈的问题, 但我还是想问)

我10岁开始接触相机，在学习过程中我渐渐地爱上了摄影。在大学毕业后，我买了人生中第一个单反相机并开始拍摄大量图片。当我发现有公司愿意付钱购买我的作品时，爱好就变成了一份工作。你知道吗？是别人付钱请我拍摄，而不是我自己花钱去拍摄，我再高兴不过了。过去20年里，中国多样性的地貌和经济的快速发展为当今的摄影师们提供了天赐良机，从建筑到人物，从鲜为人知的风景到标志性摩天大楼都成为了很好的拍摄素材。

你下次旅行会去哪儿?你的梦想之旅是什么样子的?

下一次旅行我将会去广西北海，听说那里有极美的海岸线，虽然当地经济并不发达。

梦想之旅是东非大裂谷，这是世界大陆上最大的断裂带，形成于大约3000万年前。这里的地貌见证了地球早期的时光，拥有绚丽多彩的风景和各种各样的野生动植物。



@Mathias Guillin

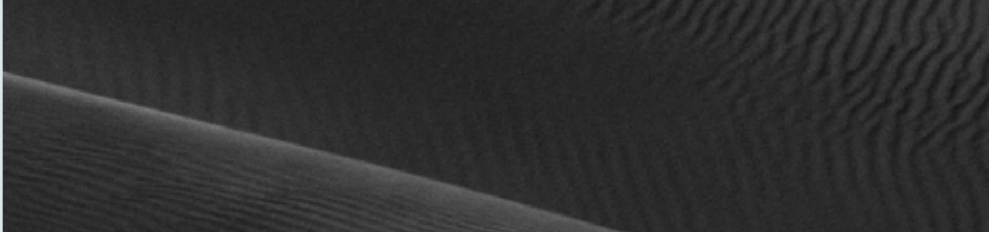
马蒂亚斯·吉林

2021年4月

马蒂亚斯自2005年定居于上海，是一位知名的法国摄影师和历史爱好者，他十分擅长光线效果，主要作品聚焦城市建筑、自然风景和人物影像。



@Mathias Guillin



@ Mathias Guillin



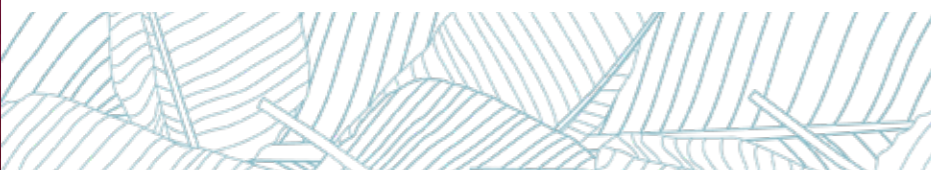
Lost Trails 秘境中国

We specialize in journeys with high cultural content with a variety of natural, historical and anthropological sites in sites where few tourists venture. Aimed at individual travellers and small groups, our itineraries allow you to discover unique places!

Lost Trails is a new series designed for those who seek a truly immersive and enriching experience. Rich in intellectual, historical, and cultural content, the series aims to create an engaging feel for discovering China's extremely rich history, and more importantly, the ethnic melting pot in many parts of China. Each trip retraces a historical itinerary or focuses on a specific story or culture to provide an intriguing adventure among incredible landscapes.

道成专注于具有丰富文化底蕴、人文历史、自然风景及特殊地貌的专项旅游线路，为客户提供私人定制及小团出行。跟随道成，去探寻那些不被熟知的神秘地带，去领略那些非同寻常的独特景致。

“秘境中国”是道成最新推出的系列旅游线路，旨在满足追求沉浸式体验的成熟旅行者的需求。该系列探寻中华文明及民族多样性的历史渊源，为中外旅行者提供了一场精彩的文化盛宴。每一次旅行都是一场美好的邂逅，在迷人的景致中聆听古老的传说，在探索中遇见别样的风景。



“Ambition leads me not only farther than any other man has been before me, but as far as I think it possible for man to go

我的理想不止于比前人走得更远，而是要尽之所能走到最远”

Captain James Cook, Journals (1774) 库克船长的日志(1774年)



A-Trails Selection 道成甄选



@ Simone Sturla

FOLLOW THE TANGUT DYNASTY 追寻失落的西夏王朝

This unique adventure follows the Xixia Dynasty [Tangut], known for their astounding pyramid tombs, and Khara Khoto, the city conquered by Gengis Khan and now lost in the desert. The trip explores Ningxia, Gansu, and Inner Mongolia, and passes through incredible landscapes far from the city crowds. Among these landscapes, we must mention the mighty dunes of Badain Jaran and Dunhuang, the Devil's Marble of Yardang, the stunning Rainbow Mountains in Zhangye Danxia Landform Geological Park, and the Yellow Stone Forest. As for culture, you will visit the Xixia mausoleum, the Ningxia Mosques, and Mogao Frescos, not to mention other important but lesser-known museums and sites.

跟随我们去寻找西夏王朝的足迹，探访沉寂在沙漠中的黑水古城；感受党项人的昔日辉煌与没落。雅丹地貌魔鬼城巨大的沙丘、张掖丹霞地貌地质公园里的彩虹山、景泰黄河石林国家公园，巴丹吉林沙漠有着多种多样绝不让你错过的景色。除此之外，我们还将带你参观西夏王陵、宁夏清真寺、敦煌莫高窟等博物馆和景点。

📍 **Ningxia - Inner Mongolia - Gansu | 宁夏 - 内蒙古 - 甘肃**
🕒 **10 days 9 nights | 10天9夜**



TIBET 西藏朝圣

With Local Eyes | 心灵之旅-西藏

This journey makes you experience the authentic Tibet, rather than just aimlessly wandering around – a real opportunity to discover its outstanding landscape and a culture like no other. Devotion is what you may absorb around the main temples, dedication is what you may assume observing monks debating in the monasteries' areas or Thangka painters being at work. However, what you won't be prepared for is the astonishing sunlight and crystal clear skies that illuminate fundamentally everything at these altitudes, presenting panoramic views unlike anything you have ever seen before.

跟随道成君去西藏圣地体验一场心灵之旅。那里有世界最高的珠穆朗玛峰，有美丽的高原湖泊，有雄伟神秘的布达拉宫，还有入口香甜的青稞酒，感受僧侣们辩经时的虔诚氛围，欣赏唐卡画师精心勾勒出的美妙的作品。

如果有可能，一生中一定要来一次西藏。

📍 **Tibet | 西藏**
🕒 **6 days 5 nights | 6天5夜**



@ Simone Sturla

MIAO FESTIVALS 民族风情

Explore Guizhou Traditions | 探寻贵州传统文化

An unmissable opportunity to witness and participate actively in the three major festivals of the Miao Ethnic group – Sister Festival, Lusheng Pipe Contest and Boat Race. Not only that, you can explore the back of the region by visiting less-known villages and hiking its trails whilst mingling with locals, and trying your hand at traditional ethnic crafting, indigo colouring, traditional singing and paper cutting. Most of all, you are guaranteed to become involved in these euphoric and unforgettable moments.

在这次旅途中，我们将一同感受苗族传统文化的魅力，参与苗族三大传统节日：姊妹节、芦笙舞乐大赛和龙舟节。走访隐藏在深山处的山寨，沿着林间小路漫步，与当地人聊天，亲身体验苗族传统手工艺（蜡染、剪纸）制作过程；感受苗族传统歌舞的魅力和苗人活力四射的热情。

Period: February-March [Lusheng] Sister Meal Festival [April] and Miao New Year [October-November] |
日期: 2月-3月 (芦笙舞乐节)、姊妹节 (4月)，苗族新年 (10月-11月)

Lunar calendar, the dates will differ every year | 每年根据苗历调整日期。

📍 **Guizhou | 贵州**
🕒 **7 days, 6 nights | 7天6夜**



A-Trails Selection 道成甄选



@Simone Sturla

DHARMA FESTIVAL - A SHAMAN GATHERING 热贡六月会 - 人与神的盛会

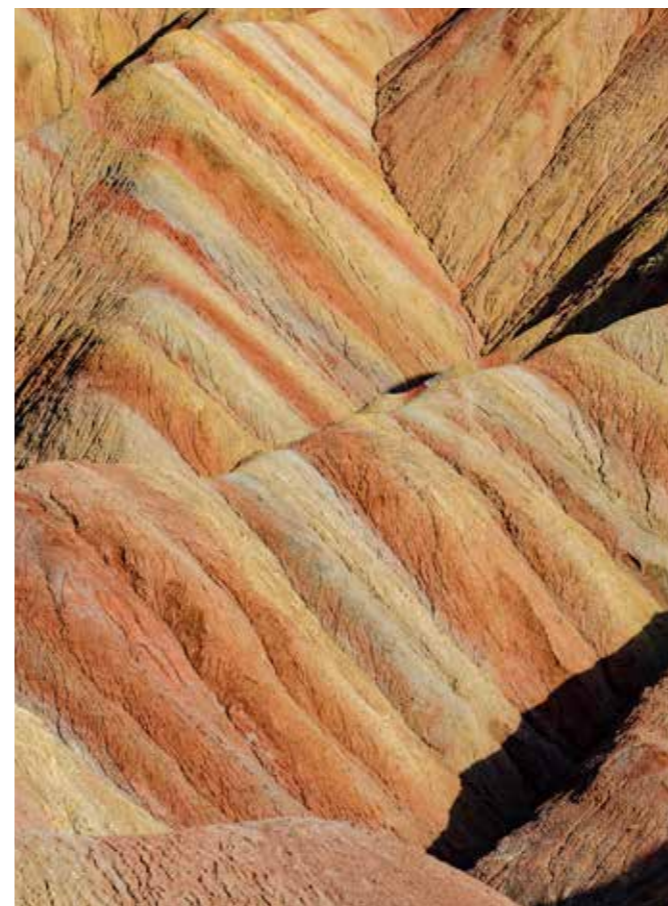
The Dharma Shaman Festival is an annual gathering of Tibetans and the lesser-known Tu groups that inhabit the red mountains on the border of Qinghai and Gansu. It's a stage set for authentic and spectacular rites of adulthood. It's an electric atmosphere that spreads across different tiny villages. You will experience the fair, the society, the religion, and the opportunity to meet other people in the scattered neighbourhoods. Be ready to see people laying on beds of nails with self-inflicted wounds, and drunken performances that whip the local crowds into a frenzy! This is our ultimate highlight, however, the more remote areas of Gansu and Qinghai will truly satisfy your thirst for exploration.

热贡六月会是藏族、土族群众中盛行的大型祭祀表演活动，每年农历六月十七日至六月二十五日之间举行，举办活动的村庄有五十多个。热贡六月会是青海同仁县藏族村庄特有的传统文化节，其祭神方式在全藏区是独有的。

六月会仪式都是由法师主持和安排的。每年的六月会都是几个村子汇集到一个村子进行，然后轮流在各个村子重复举办。其主要活动有：祭神仙、上口杆、跳神舞、爬龙杆、打神鼓、唱“拉伊”，最后是法师“开山”。最具特色的是“上口杆”和“开山”。

📍 Gansu, Qinghai | 甘肃、青海

🕒 5 days 4 nights | 5天4夜



@Mathias Guillin

HEXI CORRIDOR - THE SILK ROAD GATEWAY 穿越河西走廊

Where the Great Wall Ends | 长城的尽头

The Corridor of Gansu was the last border of the Empire during the Tang Dynasty against the savages and extreme harshness of the mysterious landscapes that lay beyond, and also the place where the Great Wall ends. In this region, Buddhism guides you through the plains via rugged mountains and finally, the desert, as you step back in time. The itinerary involves important Buddhist sites, from the hanging temple of Matisi, China's longest Buddha, to the UNESCO Heritage places and the many masterpieces represented by the Mogao Frescos. This is all to be savoured against the backdrop of the Rainbow Mountains in Danxia, and the massive dunes encircling the oasis of Dunhuang and the Jiayuguan Fort – the last remnants of an empire long gone.

严关百尺界天西，万里征人驻马蹄。这里是长城的尽头，是丝绸之路上的重要要塞，也曾是中国抵御外敌的最后一道屏障。从一望无际的平原、绵延起伏的山脉，再到荒无人烟的沙漠，佛教的传播贯穿了整个河西走廊，这里有马蹄寺，中国最长的佛教造像，还有世界文化遗产——敦煌莫高窟。七彩丹霞和戈壁滩上的沙漠绿洲如同流光溢彩的幕布一般，衬托着天下第一雄关-嘉峪关，昔日帝国的最后一个关隘。

🕒 5 days 4 nights | 5天4夜

📍 Gansu | 甘肃



RELICS & NATURAL WONDERS OF NORTH CHINA 长城以北-云岗石窟与塞外风光

This northern trail visits the UNESCO Datong Buddhist grottoes, followed by Inner Mongolia, the unbelievable Chahar volcanoes, and the grasslands, before landing into the resonant dunes of Xiangshawan. Along the way, you will discover the world-renowned Buddhist frescos, Mongol monasteries, herdsman and wander the infinite horizons granted by both grasslands and the desert – a rare opportunity to appreciate the art, natural wonders and local culture.

跟随道成君从世界文化遗产之一的大同云冈石窟出发，经内蒙古、察哈尔火山和草原最后到达响沙湾。沿途我们可以欣赏世界闻名的佛教壁画，探访藏传佛教寺庙，欣赏草原和沙漠的无限风光。这是难得的艺术、文化和自然奇观之旅。

📍 Inner Mongolia, Northern China | 内蒙古、陕西

🕒 6 days 5 nights | 6天5夜



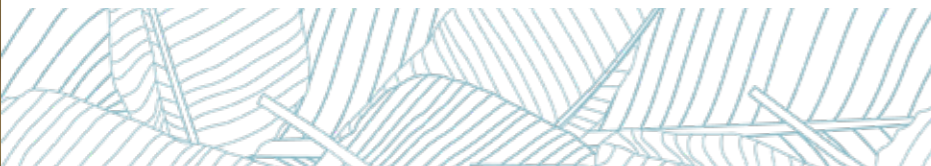
Escapes 自然逃离

Most of us live in metropolises, and sometimes we need an escape from our hectic lives. Luckily, our country boasts a vast rail network (the most extensive high speed rail network in the world), and flights to many destinations, even remote ones, where a rail journey is not feasible. Basically, almost every part of China is accessible. What we do is to really focus on those hard-to-reach areas, to bring you a taste of something special.

Be an adventurous traveller whether to enjoy a short or long break, to a destination where mass tourism has not reached yet.

大多数人每天都被拥挤嘈杂的大都市裹挟着，忙碌反复的生活难免会让人感觉疲倦乏味。但幸运的是，中国高度发达的交通网络可以快速地把人们带到几乎任何一个地方。

道成君将带你前往一些鲜为人知的地方，去体验另一种生活-逃离喧嚣。选择一个周末，成为一个时光旅行者，放空自己的内心去享受生活的美好。



“Two roads diverged in a wood, and I - I took the one less traveled by, and that has made all the difference

林间有两条小路，我选择人迹罕至的那一条，那使一切都变得不同”

Robert Frost 罗伯特 弗罗斯特



A-Trails Selection 道成甄选



CAMPING BREAKS 高原露营

Camping is an integral part of Tibetan life. For the nomads, camping is an ordinary practice they do regularly. We'd like to provide you with the same experience, although with modern comforts.

If you're looking for a more relaxed camping experience, we have a trip that takes place at comfortable elevations (2600m above sea level) in the lower valleys overlooking the grasslands and lake.

If you'd prefer the challenge of a hardcore plateau, trekking and camping, our trip to Mt. Amney Machen will interest you. You'll be camping at 4100m above sea level in the shadow of a snowcapped mountain – an experience to talk about the rest of your life! You wake up in the morning to the sounds of birds, water, and wind, and get a chance to visit nomads and local families living in the area.

摘掉城市生活中的面具, 和道成君一起去野外露营, 体验自然之美。

每年的5月到10月, 我们推荐在海拔约2600米的青海山区野外露营。此时的山谷里气候宜人, 景色优美, 草原和湖泊相互交织, 形成一处奇特的高原风光。

如果更喜欢挑战更高的海拔, 阿尼玛卿山应该是不二之选。营地在青海西南部, 海拔约4100米, 是雪山冥想的最佳之地。

📍 **Qinghai | 青海**

📅 **7 days, 6 nights | 7天6夜**



@Nicola Longobardi

ESCAPE FROM IT ALL: A TIBETAN AUTONOMOUS REGION 远离尘世 九色甘南

Imagine Tibetan scattered villages settled at almost 3000m among expansive grasslands. A monastery-city where a daily Khora (a ritual walk around the monastery, following the prayer wheels) takes place. You will experience monks mingling, pilgrims, and meeting the locals all before sunrise.

The black tents of nomads dot the green landscape, and sparse villages with the many temples create a web of daily activities and excursions. By Jeep, horse, or on foot, this adds up to a rare opportunity to learn more about Tibetan culture and art.

跟随虔诚的朝圣者走在世界上最长的转经长廊上, 身旁是口念六字真言, 目光坚定而无杂念的虔诚朝拜者们。道成君带你深入藏区腹地, 探寻3000米海拔的神秘寺院和僧侣生活。

黑色的帐篷零星散落在翠绿的草原上, 远处的村庄和寺院就是我们回归自然和寻找自我的地方。在这里, 骑马、徒步或吉普车穿越草原, 领略更多的藏族文化和艺术。

📍 **Xiahe (Gansu) | 甘南藏区—夏河**

📅 **4 days 3 nights | 4天3夜**



@ Simone Sturla

BADAIN JARAN DESERT. A JEEP ADVENTURE 巴丹吉林沙漠 -- 吉普车穿越

Imagine crossing towering 400m dunes in a desert dotted with over 140 lakes. A couple of days away from it all, you will be in awe of majestic and primordial nature, bathed in utter silence.

This experience comes highly recommended. You'll sleep in a tent by lakeside yurts or in simple rooms. No words can describe this magnificent place. You'll feel like you're on the moon.

巴丹吉林又称漠北江南, 这里的沙漠星罗密布着大大小小140多个湖泊, 是世界上海拔最高, 湖泊最多, 鸣沙声最大的沙漠。跟随道成君乘坐吉普车深入沙漠腹地享受重力加速度的快感, 黄昏欣赏壮美的大漠落日, 夜晚在苍穹下仰望星空。

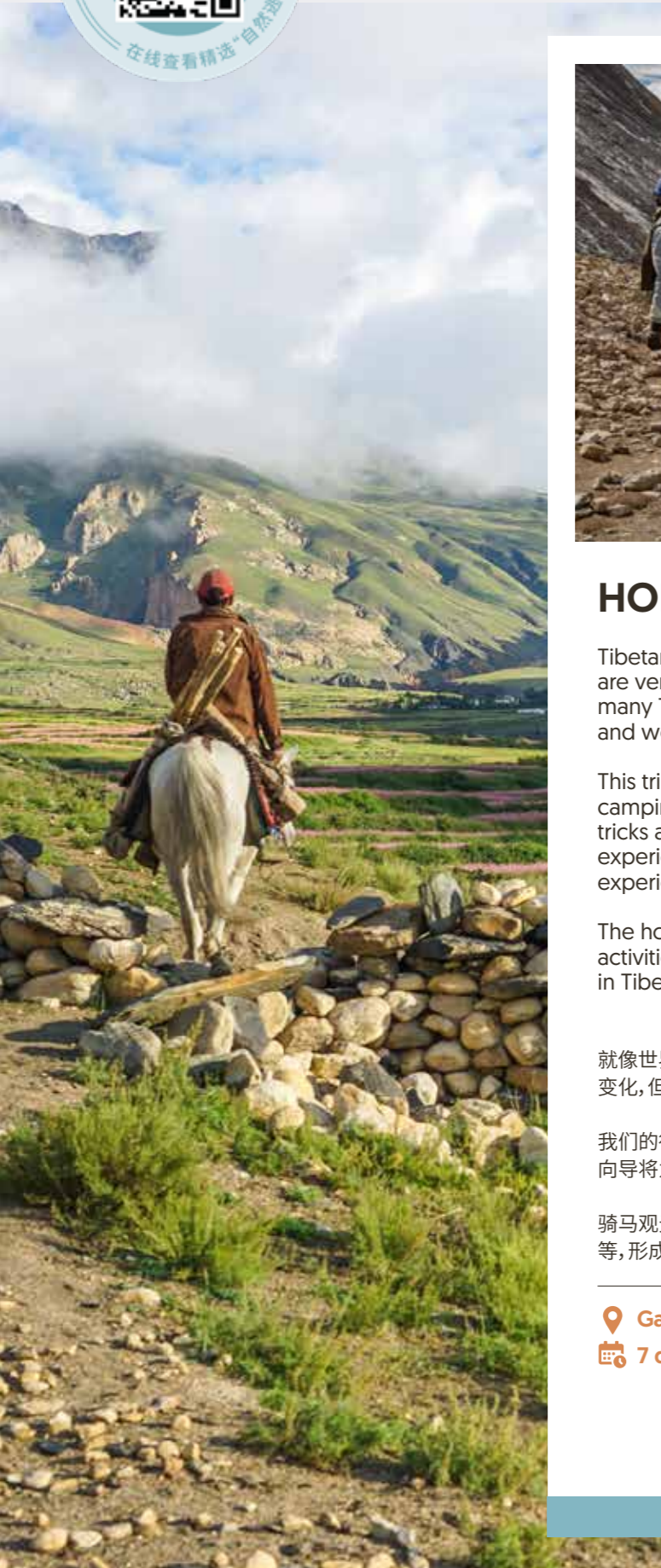
推荐夜宿湖边的帐篷或客栈里, 在寂静的天空下, 携满天繁星入睡。

📍 **Inner Mongolia | 内蒙古**

📅 **3 days 2 nights | 3天2夜**



A-Trails Selection 道成甄选



HORSE TREKS 马背上的旅行

Tibetans, like the world's other steppe people or the nomads, are very fond of horses. Although time is changing people, many Tibetans still follow the traditional way of life as nomads, and we want to share their life with you.

This trip involves 1 or 2 days of horse trekking with one night of camping. A professional guide will give you detailed tips and tricks about riding and trekking. Whether you're a novice or an experienced rider, we will select the horses according to your experience.

The horse-riding can be combined with other featured travel activities such as hiking, kayaking, and culturally oriented tours in Tibetan areas and along the Silk Road in the Hexi Corridor.

就像世界上其他的草原人或游牧民一样, 西藏人非常喜欢马。虽然时代在变化, 但仍有许多藏民沿袭着传统的游牧生活方式。

我们的行程中包含了1到2天的骑马观光和1晚的野外露营。我们的专业向导将为你详细讲解骑马和徒步的技巧和相关信息。

骑马观光也可以与其它活动结合起来, 比如徒步、划皮划艇、藏区文化游等, 形成河西走廊和古丝绸之路联线。

📍 **Gansu - Qinghai | 甘肃—青海**

📅 **7 days 6 nights | 7天6夜**



KAYAK RIVER EXPLORATIONS 青海皮划艇漂流探险

This week-long trip combines 2 days of kayaking and one night of camping in the Qinghai and Gansu provinces of western China. You will see distinctive scenic landscapes, visit remote Buddhist retreats, talk to the local Tibetans, and taste Tibetan, Hui, and Chinese cuisines. The second highlight, which cannot be emphasized enough, is your interactions with the wonderful locals and many other people. We will introduce you to the artists, environmentalists, and Buddhist monks whose life stories, work, and daily practices will amaze you.

每年6月到9月, 道成君推荐的旅游目的地之一是中国西部的青海和甘肃。我们的行程为期一周, 包含2天的皮划艇漂流和1晚宿营。你可以参观僻静的寺院, 也可同当地藏民进行交谈, 品尝藏、回、汉美食。行程之外, 我们还安排你认识当地艺术家、环保人士和僧侣, 分享他们的故事、作品和日常活动。

📍 **Qinghai | 青海-甘肃**

📅 **7 days, 6 nights | 7天6夜**

Suitable for beginners | 适合皮划艇初学者

June through September | 6月至9月





Staycations 宅度假

In this option, we'll suggest a few getaways we enjoyed visiting last year. They're located nearby or far away, but always retain that "home" feeling.

These are quiet places where you can recharge, work on an idea, find inspiration, or simply share time with your loved ones or friends.

关于宅度假，道成为大家推荐了几个度假村。虽然这些度假村环境不尽相同，但无一例外的都有“家”的感觉。

在一个安静的“家”中，或构思创意，或探寻灵感，或只为自己的心灵放个假。



“ Each valley has its own water, and each region has its own custom

每个山谷都有自己的河流，每个地区都有自己的习俗”

Tibetan proverb 藏语谚语



A-Trails Selection 道成甄选



@tsingpu

TSINGPU FOUND HOTEL 青普 FOUND HOTEL • 海南日月湾

Found Hotel promotes a healthy lifestyle, with surfing at its core. With architecture that looks like a yacht on land, all the rooms offer a perfect sea view.

Located among newly transformed beaches, Found Hotel is an intimate and quiet property for families, couples, and friends. Located on the half-moon shaped Riyue Bay, it's surrounded by mountains and waters that offer China's most famous surfing destination. Add some style to your holidays!

青普Found酒店形如陆地上的—艘游艇，拥有数间海景房和家庭房。这里可安排中英文双语教授冲浪课程，是冲浪爱好者的理想之地。

这座酒店坐落在万宁的日月湾上，这里是中国最著名的冲浪胜地，非常适合家庭、情侣、朋友们度假出行。

📍 **Wanning, Hainan Island | 海南万宁**
📅 **4 days 3 nights | 4天3夜**



Tsingpu group is A-Trails preferred partner
青普文化行馆是A-Trails的优选合作伙伴



@tsingpu

TSINGPU HUANGSHAN RETREAT 青普文化行馆 • 黄山秀里

Xidi, Hongcu, and other villages embody the quintessential China: architecture built according to fengshui principles, bamboo forests, white chalk courtyards, and curving rooftops situated beside ponds and small rivers with mountains in the distance. It's a tranquil countryside to explore at your own pace. This is exactly what we offer here: a chance to live for a few blissful days in a place where time stood still.

西递、宏村是中国江南古村的典型代表：依据风水而建造的村落，户户皆有水道相连。汨汨清泉从各户潺潺流过，走过白墙灰瓦，层楼叠院，走过一副生动的中国水墨画。

📍 **Huangshan, Anhui | 安徽黄山**
📅 **4 days 3 nights | 4天3夜**



Tsingpu group is A-Trails preferred partner
青普文化行馆是A-Trails的优选合作伙伴



@旅行博主-勾文龙

TSINGPU TULOU RETREAT 青普文化行馆 • 南靖土楼

One of China's UNESCO World Heritage Sites that Fujian boasts, consists of unique Tulou constructions created by the Hakka ethnic group. These massive circular or square earthen structures protect the most incredible village layouts in the eastern civilisation, almost all of which are still home to multiple families (some going back generations).

Take your time to explore the different villages and savour the superb local cuisine. Next, enjoy a stop in Xiamen, a former colonial enclave just across the water from Taiwan. Here you can stroll and cycle on the tiny island of Gulangyu, the second UNESCO World Heritage Site on our trip.

福建土楼的历史可以追溯到1000年以前，是客家人建造的独特的集体性居住建筑，具有居住和防御外敌的双重功能，这些土楼或方或圆，以圆为主，如珍珠般洒落在闽西南的绿水青山间，是东方文明中令人不可思议的民居建筑群之一。

在这里，你可以去静心探访不同的村庄，品尝当地的传统美食。道成君也推荐在厦门鼓浪屿稍作停留，闲庭漫步于古老的街道，欣赏风格迥异的城市建筑。

📍 **Nanjing, Fujian | 福建南靖**
📅 **4 days 3 nights | 4天3夜**



Tsingpu group is A-Trails preferred partner
青普文化行馆是A-Trails的优选合作伙伴



@nordencamp

THE NORDEN CAMP 诺尔丹营地

The Norden Camp is located just outside Xiahe amid the infinite grasslands of ancient Amdo (today's Gansu and Qinghai). The area is steeped in tradition and devotion, as it is a pilgrimage destination represented by the sacred Labrang Monastery. The retreat is a Tibetan-style camp consisting of heated black tents and log cabins designed with modern amenities.

Comfort and relaxation, attentive service, and exquisite cuisine make Norden Camp a discerning choice for those who really want to “get away from it all” – but in style.

诺尔丹营地位于夏河外围一望无际的大草原中, 营地采用改良的藏式风格黑色帐篷, 融合了游牧民族自古传袭而来的自然智慧, 细节之处又不失对现代化舒适生活的追求, 被评为全球最美的43家酒店之一, 非常值得体验。

📍 **Xiahe, Gansu | 甘肃夏河**

📅 **3 days, 2 nights | 3天2晚**



Norden camp is A-Trails preferred partner
诺尔丹营地是A-Trails的优选合作伙伴



@tsingpu

TSINGPU BADALING RETREAT 青普文化行馆·八达岭瑞云

The Badaling Retreat, a unique European-style chateau in the Great Wall area, offers a great opportunity to relax outside the city in a quiet environment with excellent food and wine. The 15 cosy and rustic style rooms with private courtyard are fully integrated into an idyllic valley. Far from traffic and pollution, you will live among 40 hectares of vineyards at the foot of the mountains and under starry skies. Enjoy a lovely weekend with your family and friends, sit beside bonfires, and partake in an American-style BBQ dinner. Do NOT miss this opportunity to explore the hilly area around the capital and their archaeological sites, natural gorges, and lakes.

位于长城脚下的八达岭度假村是一个别具特色的欧式风格庄园。这里远离城市喧嚣, 有着令人放松的优美环境。你可以在40公顷的葡萄园里尽情放松休闲, 品鉴美食和美酒。行馆坐落在田园诗般美丽的山谷中, 有15间舒适的田园风格房间, 均带有私人庭院。

带上朋友和家人, 享受一个放松的周末。

📍 **Beijing | 北京**

📅 **2 days 1 night | 2天1夜**



Tsingpu group is A-Trails preferred partner
青普文化行馆是A-Trails的优选合作伙伴



@Mongola Saint's camp

MONGOLIAN SAINTS' CAMP 蒙古草原度假村

Located 2 hours and 30 minutes from Baotou, not far from the northern fringe of the Great Wall, lies Mongolian Saints Camp. The name comes from some Nestorian discoveries in the area, and we selected this location for its remoteness as well as comfort. Settled in modern trails or comfortable yurts, you will have with the option of spending the day roaming around the grasslands by a Jeep or on a horse, fully immersed in the local Mongolian culture. It is sure to leave you feeling relaxed coupled with the spectacular horizons granted by the infinite grassland.

蒙古草原度假村坐落在美丽的内蒙古大草原上, 不远处就是北魏长城遗址。度假村的蒙古包非常有特色, 一种是传统炕式蒙古包, 另一种是现代生态蒙古包, 更有散落在周围的现代工业派生态房。这里是真正的草原腹地, 睿智的蒙古人在广阔的私人牧场里搭建了印第安式的度假营地。烧烤, 骑马和吉普车穿越可以满足你对大草原的所有期待。

📍 **Inner Mongolia | 内蒙古**

📅 **3 days 2 nights | 3天2夜**

Mongolian Saints' Camp is A-Trails preferred partner
蒙古草原度假村是A-Trails的优选合作伙伴



@puxuan hotel

THE PUXUAN HOTEL 北京璞瑄酒店

Staycations are ideal short breaks that provide maximum relaxation closer to home. Our suggestion is the luxurious PuXuan Hotel, a ten-minute walk from the Forbidden City with great views – the city's best - overlooking Jingshan Park. Various art exhibitions are hosted within the building, so you can easily spend a couple of hours admiring the current exhibitions. Afterwards, why not enjoy a delectable meal in the hotel's Michelin star restaurant?!

所谓STAYCATIONS, 便是在离家不远的地方享受轻松舒适的慢生活。北京璞瑄酒店距紫禁城步行只需十分钟, 站在窗旁便可远眺景山公园的美景, 酒店旁更有著名的中国美术馆和嘉德艺术中心。你可以悠闲地欣赏当季最新艺术展, 然后在酒店米其林星级餐厅享受精致晚餐。

📍 **Beijing | 北京**

📅 **Leisure Stay in Town: 2 days 1 night | 2天1夜**



THE PUXUAN
HOTEL AND SPA

Puxuan hotel is A-Trails preferred partner
北京璞瑄酒店是A-Trails的优选合作伙伴

Secret Valleys of Yunnan 茶马古道上的丽世酒店

A unique collection of retreats along the mystical Tea Horse Road, where the journey is the destination!

From Pu'er up to Shangrila and Benzilan, Atrails can give you 9 different locations. We focus on remote valleys where time stands still. Take a long relaxing weekend...or a week to rejuvenate!

从最南端的普洱一路北上, 直达滇北香格里拉, 沿着神秘的茶马古道修建的丽世酒店系列, 将带您开启一场奇妙的马帮文化之旅。

9座丽世酒店和山居散落在山谷的村落中, 从藏族的寺庙到古老的纳西族古镇, 与众不同的组合散发非凡的吸引力。吸引着你开始一场奇妙旅程, 去探险、去寻找无穷的未知, 这不是一场逃离, 而是进入云南神秘广袤世界的冒险。



LUX* Resorts & Hotels is A-Trails Preferred partner
丽世酒店集团是A-Trails的优选合作伙伴

Secret Valleys by LUX* Tea Horse Road – new locations for the curious and the adventurous!

茶马道丽世酒店, 马帮文 化的奇妙旅程



A-Trails Selection 道成甄选



@ LUX*

LUX* Tea Horse Road Stone Town 茶马道石头城丽世山居

Baoshan Stone Town, a tiny and remote village on a rocky cliff overlooking the Jinsha River – the heart of Naxi culture. Lose yourself in winding cobblestone streets whilst enjoying the striking views of the pale green river below and the mountains above – a jaw dropping experience. On top of that, the home cooking will leave you wanting more, made with love by the local Naxis!

这里是一个远离世俗的小村落，坐落在金沙江上的岩石峭壁上。纳西族文化刻画在一路蜿蜒的石头路上，直到你抵达这个宁静的天堂：石头城丽世山居。这座设计精美的别墅只有六个房间和一个舒适的公共区域。山脚下浅绿色的河流和迷人的群山风景召唤着你的到来，还有来自当地纳西族村民精心烹制的家乡菜肴。在继续沿着茶马路前行之前，试着在这里卸下负担，放松自己。

Variable | 1 - 4天



@LUX*

LUX* Tea Horse Road Daju Village 茶马道小米地丽世山居

A quaint historical Naxi town surrounded by lush greenery, dense forests, and traditional homes. The charms of Daju are truly a delight, whether it's the breathtaking scenery, the tranquil Yangtze river, or the astonishing white-water terrace. Whether it's a zero-waste picnic lunch, a boat cruise, a hike, or some storytelling, there will be plenty to keep you entertained.

这是一个融合了当地元素和现代设计的6间房豪华精品酒店，坐落于传统的纳西族大具乡中心，周围群山环绕，瓜果飘香。它时髦的现代主义建筑和设计与周围郁郁葱葱的绿色植物、茂密的森林和传统住宅形成了有趣的碰撞。

Variable | 1 - 4天



@LUX*

LUX* Tea Horse Road Sangushui 茶马道三股水丽世山居

This is the perfect spot to go off the grid and immerse yourself in a yoga and meditation retreat. This relaxing experience offers a mixture of wellness, nature, and healthy lifestyle. What better way to wind down than with a tea ritual where you sip hot herbal tea infused with leaves harvested from the local garden?!!!!

这是一家拥有15间客房的豪华精品酒店，坐落在迷人的三谷水风景区中心。这家山居将当代风格与云南传统结合在一起，光线充足的房间里可以看到传统的瓦片屋顶和常绿的山峦。大自然的造物，精致的美食，户外丽世咖啡馆在这里交相融合，妙趣横生。

Variable | 1 - 4天



@LUX*

LUX* Tea Horse Road Peach Valley 茶马道桃花谷丽世山居

Summer offers blissful days of peach and honey, while winter brings home cooking with the local community and delectable conversations by the fire. Peach Valley wholeheartedly embraces a slow pace of life.

夏天是收获蜜桃和蜂蜜的幸福时光，而冬天则可以围着火炉，与当地居民探讨本地美食。桃花谷丽世山居让您放慢脚步，拥抱慢生活，感受内心，与自己对话。

Variable | 1 - 4天



Cruising 游轮

Yangtze River Cruise 长江三峡游

A spectacular cruise down the Yangtze River taking us through the Three Gorges of Qutang, Wu, and Xiling. The 191-km journey passes through an unforgettable landscape of towering canyons, steep peaks, and historical sites, highlights of any Yangtze River cruise. The river's most famous manmade landmark is the Three Gorges Dam, China's largest construction project since the Great Wall. The dam took fifteen years and cost well over US\$30 billion to build. At 2.4 km wide, it is a wonder of the modern world. The Yangtze is also a national icon: flowing for 6,418-km, it is the longest river in Asia and the third-longest in the world. Our recommended vessels rely on international standards, adhering to safety protocols and striving for comfort, with balconies and en-suite bathrooms, and a diverse local cuisine to satisfy your palate. Take this chance to marvel at a scenery characterized by Chinese shrines and temples, stunning landscapes, and precipitous gorges. A cruise on the Yangtze is the quintessential China experience.

长江发源于世界屋脊-青藏高原,自西而东横贯中国中部,是亚洲最长、世界第三长的河流。三峡由瞿塘峡、巫峡、西陵峡组成,两岸雄伟巍峨,险峻磅礴,风光奇绝,是三峡游中最令人难忘的组成部分。三峡大坝,是继长城之后中国最大的建筑工程,修建共耗费15年,耗资超过300亿美元,长达6418公里,宽达2.4公里。

道成君推荐的三峡游轮均为合作多年的国际豪华游轮,有着极高的安全性与舒适性,游轮内部现代化设施完善,有阳台和独立卫浴,每日按时提供当地特色美食。跟随道成君沿江而下,来一场191公里的长江巡游之旅吧。

📍 Downstream Chongqing-Yichang | 重庆至宜昌

📅 4 days 3 nights | 4天3夜

📍 Upstream Yichang-Chongqing | 宜昌至重庆

📅 5 days 4 nights | 5天4夜

A quintessentially
China experience
壮美三峡 奢华游轮



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A-Trails Selection
道成甄选



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China's vastness makes this country an attractive and enticing destination for corporations aiming to entertain their staff or business partners with team building activities, conferences or leisure trips. China gives you endless choices from deserts to grassy steppes, large open plains, towering mountains, tranquil countryside to ancient sites. All this to be enjoyed whilst witnessing the rapid development of this nation as a global economic powerhouse. Enjoy exploring this country with excellent infrastructure for whatever you have in mind; modern airports, cutting-edge convention centers, and world-class hotels and resorts.

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