

Flavours of China: A Journey Through Regional Cuisines



trip highlights

Discover seven distinct regional Chinese cuisines across multiple provinces
Learn to prepare classic Sichuan dishes at the Sichuan Cuisine Museum
Visit food markets, spice markets and historic food streets
Participate in cooking classes including Xiao Long Bao and traditional dumplings
Sample authentic Sichuan, Hunan, Fujian, Shanghai, Huaiyang, Shandong and Beijing cuisines
Travel across China aboard its modern high-speed rail network
Enjoy a family-hosted dumpling-making experience in Beijing
Visit the Giant Panda Sanctuary in Chengdu
Experience traditional tea culture in Chengdu and Fujian



Trip Duration	15 days	Trip Code: CRR
Grade	Adventure touring	
Summary	14 nights hotel	

welcome to World Expeditions

For over 50 years, we've been creating high-quality, expedition-style adventures for active travellers with a curious spirit. From our very first trek in the mountains of Nepal to pioneering remote routes across all seven continents, our journeys are built for those who want to truly explore – not just visit.

At the heart of what we do is a simple philosophy: take the paths less travelled.

This means travelling with care, supporting local communities, minimising our impact, and unlocking experiences that most travellers will never have.

If you're ready to go further and dig deeper, we invite you to join us on the Flavours of China: A Journey Through Regional Cuisines, a journey that captures the essence of a unique adventure.

why travel with World Expeditions?

Food is one of the best ways to understand China's diverse cultures, regions and traditions. This journey goes beyond simply tasting local dishes, combining cooking classes, market visits, food streets and cultural experiences to provide a deeper appreciation of China's culinary heritage. Travelling from Chengdu to Beijing by high-speed rail, you will experience the flavours, history and customs of multiple regions while enjoying expert local guidance, comfortable accommodation and carefully curated culinary experiences throughout. For more than 40 years, World Expeditions has been leading travellers through China. Our long-standing local partnerships and in-depth destination knowledge provide access to experiences that go well beyond the usual tourist trail.

Flavours of China: A Journey Through Regional Cuisines

Go beyond the tourist trail on a culinary journey through China, combining regional cuisines, cooking classes, historic cities and authentic local encounters as you travel from Sichuan to Beijing by high-speed rail



World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

the trip

Follow China's flavours across the country on a journey from the mountain landscapes of Sichuan to the imperial capital of Beijing, discovering how geography, history and local traditions have shaped one of the world's richest culinary cultures. Beginning in Chengdu, home of world-renowned Sichuan cuisine, you'll experience the fiery aromas of local kitchens, wander bustling food markets, relax in traditional tea houses and savour the distinctive flavours that define each region. Travelling aboard China's advanced high-speed rail network, you'll move effortlessly between dynamic cities, ancient towns and ever-changing landscapes, watching misty mountains, winding rivers, terraced countryside and soaring skylines unfold beyond your window.

Browse local markets, dine in family-run restaurants, join hands-on cooking classes and discover seven of China's most celebrated regional cuisines, from the bold spice of Sichuan and Hunan to the delicate seafood dishes of Fujian, the refined cooking of Yangzhou and the imperial flavours of Beijing. More than a culinary journey, this is an exploration of China through its food, landscapes and people, where every destination offers fresh perspectives, memorable encounters and a deeper appreciation of one of the world's most diverse food cultures.

about your leader/escort

Charles is our leading food guide, with an exceptional knowledge of China's regional cuisines and a talent for selecting the best local dishes. Combined with his many years of guiding experience, warm personality and excellent organisational skills, he ensures every meal is a memorable part of the journey. He will accompany you throughout the journey and will be supported by Leah and Stony, expert local guides.

Leah, a native of Shandong Province, one of the regions visited on this trip, brings more than 20 years of guiding experience and an intimate knowledge of the area's culinary traditions. Her local insight and genuine care for travellers make her an outstanding guide.

Stony, a Guangzhou native, has been guiding since 2001 and shares the same passion for authentic Chinese cuisine. His extensive travels throughout China and love of regional food ensure travellers enjoy the diversity and richness of the country's culinary heritage.

at a glance

DAY 1	JOIN CHENGDU
DAY 2	PANDAS AND THE FLAVOURS OF SICHUAN
DAY 3	MARKETS, TEA CULTURE AND STREET FOOD OF CHENGDU
DAY 4	TRAIN TO CHANGSHA AND DISCOVER HUNAN CUISINE
DAY 5	CHANGSHA TO FUZHOU
DAY 6	EXPLORE FUZHOU AND FUJIAN CUISINE
DAY 7	TRAIN TO SHANGHAI
DAY 8	SHANGHAI CULINARY EXPERIENCES
DAY 9	TRAIN TO YANGZHOU
DAY 10	MT TAI AND JINAN
DAY 11	YANGZHOU TO QUFU
DAY 12	JINAN TO BEIJING
DAY 13	EXPLORE BEIJING AND LEARN DUMPLING MAKING
DAY 14	GREAT WALL AND FAREWELL DINNER
DAY 15	TRIP CONCLUDES IN BEIJING

what's included

→ 14 breakfasts, 10 lunches and 13 dinners

Flavours of China: A Journey Through Regional Cuisines

Go beyond the tourist trail on a culinary journey through China, combining regional cuisines, cooking classes, historic cities and authentic local encounters as you travel from Sichuan to Beijing by high-speed rail



trip dates

2027 10 Apr - 24 Apr
16 Oct - 30 Oct

fast facts

Countries Visited:

China

Visas:

Yes*

Private Groups:

Private group options are available for this trip*

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

*Ask our staff for more information.

- Comfortable (4* and 5*) and character-filled hotel accommodation on a twin-share basis
- High-speed rail travel as per itinerary
- Private transfers and touring transport
- Cooking classes and culinary experiences as listed
- Entry fees and sightseeing as per itinerary
- Expert local guides and a tour leader
- Medical kit

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

what's not included

- International airfares and taxes
- Visa fees (if applicable)
- Travel Insurance (compulsory)
- Meals not specified in the itinerary
- Alcoholic beverages unless specified
- Personal expenses
- Tips and gratuities
- Transfer at trip end
- Any items not listed as included

detailed itinerary

DAY 1 Join Chengdu

Join in Chengdu, the capital of Sichuan Province and one of China's most celebrated culinary centres. Known for its relaxed tea-house culture, vibrant street food scene and rich history, Chengdu provides the perfect introduction to the journey ahead. After settling into your hotel, meet your tour leader and fellow travellers for a trip briefing at 6pm before enjoying a welcome dinner featuring classic Sichuan cuisine. This first meal offers an introduction to the flavours, aromatic spices and distinctive peppercorns that have made Sichuan cooking famous throughout the world.

Accommodation: Buddha Zen Hotel or similar
meals: D

DAY 2 Pandas and the flavours of Sichuan

Beginning the day with a visit to Chengdu's renowned Panda Sanctuary and Research Base, where giant pandas can be observed in a carefully managed conservation environment. Later, delve into the culinary traditions of Sichuan at the Sichuan Cuisine Museum, where exhibits explore the history, ingredients and techniques behind one of China's most influential regional cuisines. A hands-on cooking class provides the opportunity to prepare classic dishes including Kung Pao Chicken, Mapo Tofu and panda-shaped dumplings under the guidance of local instructors before enjoying your creations for lunch.

Accommodation: Buddha Zen Hotel or similar
meals: B,L

Flavours of China: A Journey Through Regional Cuisines

Go beyond the tourist trail on a culinary journey through China, combining regional cuisines, cooking classes, historic cities and authentic local encounters as you travel from Sichuan to Beijing by high-speed rail



thoughtful travel

Our World Expeditions adventures are grounded in a deep commitment to regenerative travel, going beyond minimising harm to actively restoring and enriching the places we visit. We partner closely with local communities, ensuring that our trips support cultural preservation, fair livelihoods, and community-led initiatives. Each expedition is designed to protect and regenerate natural ecosystems through low-impact practices, climate action, and education that fosters respect for biodiversity. We prioritise meaningful connections between travellers and place, encouraging a sense of stewardship that lasts well beyond the journey. By embedding sustainability into every layer of our operations, we aim not only to explore the world responsibly but also to leave it healthier, more resilient, and more vibrant for future generations.

trip grading Adventure touring

The theme behind most of our trips is action holidays and the fitter you are, the more easily you will adjust and enjoy yourself. On a trekking trip such as this you need to be in general good health and moderately fit. The grading overall would be moderate, with some "strenuous" activity. Before departure aerobic-type exercise, which increases your breathing, is an obvious advantage. We recommend that for about two to three months prior to departure you try to exercise most days for 30 - 45 minutes or aerobic type activity.

DAY 3 Markets, tea culture and street food of Chengdu

Food is woven into daily life in Chengdu and today offers an opportunity to experience the city through its markets, tea houses and street food culture. Begin with a visit to local spice and tea markets, where colourful displays of chillies, peppercorns, herbs and specialty teas provide insight into the ingredients that underpin Sichuan cuisine. Lunch features the region's famous hotpot, a social dining experience centred around simmering broths and fresh ingredients. Later, visit a traditional tea house where locals gather to socialise and relax before spending the evening exploring Chengdu's lively food streets, sampling a range of local specialties and experiencing the city's vibrant culinary atmosphere.

Accommodation: Buddha Zen Hotel or similar
meals: B,L,D

DAY 4 Train to Changsha and discover Hunan cuisine

This morning, board one of China's impressive high-speed trains for a journey to Changsha (08:00-13:45), the lively capital of Hunan Province and the birthplace of the bold, spicy flavours that define Xiang cuisine. After lunch, stretch your legs with a visit to Orange Isle, a landmark in the Xiang River associated with the early life of Mao Zedong and renowned for its riverside setting. As evening falls, we will explore the atmospheric lanes of Taiping Street, where centuries-old buildings now house traditional snack vendors, teahouses and local boutiques. Tonight, we'll dine at the famous Fire God Palace, one of Changsha's oldest restaurants, where you'll discover Hunan cuisine with its bold, spiciness, and savory flavours. The must-eat local specialties include black stinky tofu, spicy crayfish, Changsha rice noodles, and sugar-oil glutinous rice cakes.

Accommodation: International Finance Center Exotic Impression Hotel or similar
meals: B,L,D

DAY 5 Changsha to Fuzhou

Rise early to experience Changsha as the locals do, wandering through the bustling Shangbixiang morning market. This lively neighbourhood is filled with fresh produce, street food vendors and the everyday rhythms of city life, offering an authentic glimpse into local culture beyond the usual tourist sights. Later, over lunch travel by high-speed train to Fuzhou (12:02-16:30), the historic capital of Fujian Province, once an important gateway on China's Maritime Silk Road and renowned for producing some of the country's finest teas. This evening, step back in time as you stroll through the beautifully preserved Three Lanes and Seven Alleys historic quarter. Here you'll sample the distinctive flavours of Fujian cuisine and watch skilled local artisans prepare regional specialties, including delicate Meat Swallow (pork) Dumplings and Yonghe Fish Balls in broth, before enjoying dinner in this atmospheric heritage precinct.

Accommodation: Manxin Hotel or similar
meals: B,D

DAY 6 Explore Fuzhou and Fujian cuisine

Today explores the cultural and culinary heritage of Fujian Province beginning with a visit to Mt Gulung, a mountain retreat overlooking Fuzhou that became a popular summer refuge for foreign merchants and missionaries in the late nineteenth century. After lunch we explore the historic districts of Shangxiahang and Yantai Hill, where trading houses, traditional architecture and former consulates reflect Fuzhou's importance as a gateway for maritime trade and tea export. This evening's dinner showcasing Min (Fujian) cuisine, known for its delicate flavours, refined broths and

Flavours of China: A Journey Through Regional Cuisines

Go beyond the tourist trail on a culinary journey through China, combining regional cuisines, cooking classes, historic cities and authentic local encounters as you travel from Sichuan to Beijing by high-speed rail



adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information on our website, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

emphasis on fresh ingredients. It is characterised by three regional styles: Fuzhou (light and savory), Southern Fujian (spicy and sweet), and Western Fujian (hearty and salty).

Accommodation: Manxin Hotel or similar

meals: B,L,D

DAY 7 Train to Shanghai

After a free morning in Fuzhou travel by high-speed rail to Shanghai (12:40-17:19), China's largest city and one of Asia's great commercial centres. Upon arrival, experience the contrast between historic neighbourhoods and the city's modern skyline before settling into your centrally located hotel. This evening's dinner features Benbang cuisine, Shanghai's traditional local cooking style, characterised by fresh river and seafood ingredients, soy-based braising techniques and subtly sweet flavours that reflect the city's rich trading history.

Accommodation: Central Hotel or similar

meals: B,L,D

DAY 8 Shanghai Culinary experiences

This morning visit Yu Garden, one of China's finest examples of classical garden design, with its pavilions, ponds and intricate rockeries dating back to the Ming Dynasty. Continue with a hands-on cooking class focused on Shanghai's famous Xiao Long Bao, learning the techniques required to prepare these delicate soup-filled dumplings before enjoying them for lunch. In the afternoon, explore the French Concession, the Bund and Shanghai's modern skyline before taking an evening cruise on the Huangpu River. Dinner provides a further opportunity to experience the flavours of traditional Shanghai cuisine.

Accommodation: Central Hotel or similar

meals: B,L,D

DAY 9 Train to Yangzhou

Travel by high-speed rail to Yangzhou (08:25-10:18), a city long celebrated as the birthplace of Huaiyang cuisine and one of China's most refined culinary traditions. On arrival, we enjoy a cruise on scenic Slender West Lake before sampling a variety of local specialties at lunch including crab soup dumplings, Osmanthus Lotus Root Starch Balls, Braised Shredded Dried Tofu, Yangzhou fried rice and traditional sweets such as Dragon Beard Candy. In the afternoon, we stroll through historic Dongguan Street, a commercial centre for more than 1,200 years, where traditional shops, tea houses and food vendors continue to preserve the city's rich culinary heritage.

Accommodation: Wanqing Zhenyuan Hotel or similar

meals: B,L,D

DAY 10 Mt Tai and Jinan

Begin the day with a visit to Dai Temple before observing demonstrations of traditional local foods including Tai'an pancakes and steamed buns which we will have for lunch. In the afternoon visit the sacred Mt Tai, one of China's most revered mountains, ascending by cable car to enjoy views across the surrounding landscape before transferring to Jinan, known as the "City of Springs". Dinner provides another opportunity to explore the rich flavours and culinary traditions of Shandong Province.

Accommodation: Shungeng Hillview Hotel or similar

meals: B,L,D

Flavours of China: A Journey Through Regional Cuisines

Go beyond the tourist trail on a culinary journey through China, combining regional cuisines, cooking classes, historic cities and authentic local encounters as you travel from Sichuan to Beijing by high-speed rail



DAY 11 Yangzhou to Qufu

Travel by high-speed train to Qufu (09:49-12:51), the birthplace of Confucius and one of China's most important cultural centres. Explore the UNESCO World Heritage-listed Confucius Temple, Confucius Mansion and Confucius Cemetery, gaining insight into the life and teachings of China's most influential philosopher. This evening, enjoy dinner featuring Lu cuisine from Shandong Province, one of China's oldest culinary traditions and a foundation of many northern Chinese cooking styles. Shandong cuisine is relished for the many kinds of seafood and vegetable dishes and their style of frying in high heat that locks in the flavors so that it is light and crispy.

Accommodation: Jianguo Puyin Hotel or similar
meals: B,L,D

DAY 12 Jinan to Beijing

This morning explore Jinan's famous springs, lakes and historic districts, including Baotu Spring, Black Tiger Spring and Daming Lake, which have shaped the city's identity for centuries. There is an afternoon high-speed train to Beijing. On arrival in China's capital, our dinner is a traditional hotpot, a popular northern Chinese dining experience.

Accommodation: Dong Fang Hotel or similar
meals: B,L,D

DAY 13 Explore Beijing and learn dumpling making

Discover some of China's most important historical landmarks, beginning with Tiananmen Square and the vast imperial complex of the Forbidden City. In the afternoon you will visit the Temple of Heaven and enjoy a family-hosted meal that starts with a visit to a local food market followed by a hands-on dumpling-making class. This sharing experience with your hosts provides a unique opportunity to appreciate the importance of food, family and hospitality in Chinese culture.

Accommodation: Dong Fang Hotel or similar
meals: B,L,D

DAY 14 Great Wall and farewell dinner

No visit to China would be complete without experiencing the Great Wall, and today you'll explore one of its most spectacular sections at Mutianyu. Set amongst forested hills, this beautifully restored stretch offers sweeping views and a fascinating insight into one of the world's greatest engineering achievements. Continuing on, discover the elegance of the UNESCO-listed Summer Palace, where tranquil lakes, ornate pavilions and landscaped gardens provided a peaceful retreat for China's emperors. On the way back to the city, we explore the historic streets of Dashilan, renowned for its traditional shops and much-loved local delicacies. This evening, celebrate the end of our culinary journey with a farewell dinner featuring Beijing's most iconic dish, Peking Duck.

Accommodation: Dong Fang Hotel or similar
meals: B,L,D

DAY 15 Trip concludes in Beijing

After breakfast, the trip concludes in Beijing.
meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

Flavours of China: A Journey Through Regional Cuisines

Go beyond the tourist trail on a culinary journey through China, combining regional cuisines, cooking classes, historic cities and authentic local encounters as you travel from Sichuan to Beijing by high-speed rail



places of interest

Tiananmen Square

Tiananmen Square is the world's largest public square and is located only a short distance from our hotel. People flying kites, a popular pastime all over China, stand next to guards under the ever-watchful eye of Chairman Mao's portrait. Which ever way you turn there is another photo opportunity to be found in this huge open space.

The Forbidden City is a masterpiece of 5000 years of Chinese civilization and still vividly displays the power and prestige of the former dynasties. Sprawling over acres, the City is a magnificent group of palaces, pavilions, courtyards and deep terracotta walls. Ornately furnished palace rooms, priceless artworks and treasures are all now open to the public after 500 years of seclusion.

The Temple of Heaven itself is an architectural highlight however it's the crowds of people that makes this spot so interesting and memorable. Thousands of people gather here to practice ballroom dancing, Tai chi and calligraphy.

The Great Wall of China

When cavalry from the hostile territory northeast of ancient China rode to the gates of the Great Wall at Shanhaiguan they found no resistance by the Ming Dynasty soldiers stationed there to halt invasion. Dispirited and lacking faith in their corrupt imperial masters in Beijing they took bribe, opened the gates and allowed a rush of armed nomads to besiege the walled capital Beijing. Outnumbered and without purpose, hostile to the emperor, the capital's garrison surrendered to the Manchus, the Ming Dynasty was dethroned and China's last dynasty, the Qing, began its reign to 1911 until it itself was overthrown by popular rebellion.

Thus the Achilles Heel of the Great Wall, a colossal monument to the folly of blind military dogma, was its human weakness and not the fortifications so carefully constructed to protect the emperor in the Forbidden City and the empire from invasion. Tribes to China's northeast and the Mongolians raided continuously, plundering as they wished, despite a vast treasure of silver and scores of human lives committed to the wall's construction.

This extraordinary building, which draws gasps on first sight, and its intriguing, complicated history are explored and explained in our innovative Great Wall Trek, a challenge which encapsulates not only the wall and rural life, but also the highlights of the capital. It is the interpretation of the Wall's history by our expert guides, telling of the reason for its construction, at what cost, the circumstances of its failure and the events that lead to the rise of modern China that garnishes this tour. It is more than simply a trek. It is a journey through history.

country information

China is a destination that captures the imagination with its vast landscapes, enduring traditions and deep historical legacy. Stretching across nearly four million square miles (over 9.5 million square kilometres) and home to more than 1.3 billion people, it is a land of extraordinary contrasts – from alpine plateaus to subtropical forests, bustling megacities to quiet rural villages.

Long shrouded in mystery for Western travellers, China began opening its doors to tourism in the late 1970s. Since then, dozens of previously restricted regions have become accessible, and many ancient sites have been sensitively restored. Today, visitors can explore a remarkable breadth of cultural and natural wonders – including ancient temples, imperial palaces, sections of the Great Wall, and sacred mountains such as Huangshan and Emei.

China is home to 56 officially recognised ethnic groups, each with distinct customs, dress, languages and traditions. This cultural richness is visible in everything from local festivals and tea ceremonies to regional cuisines and architectural styles. While Mandarin is the national language, dialects and minority languages are widely spoken across different provinces.

Modern infrastructure including high-speed rail, well-connected airports and an expanding domestic tourism network makes travelling within China increasingly smooth. Yet much of the

Flavours of China: A Journey Through Regional Cuisines

Go beyond the tourist trail on a culinary journey through China, combining regional cuisines, cooking classes, historic cities and authentic local encounters as you travel from Sichuan to Beijing by high-speed rail



country still retains its traditional rhythm, especially in smaller towns and remote landscapes where daily life continues as it has for generations.

This striking blend of old and new, along with the hospitality of its people, makes China a truly rewarding destination for those seeking insight, challenge and cultural depth.

climate

China's vast size means weather conditions vary considerably throughout the journey. The tour travels through several climatic regions, from subtropical southern China to the cooler northern provinces around Beijing. Spring and autumn are generally considered the most comfortable seasons for travel, offering pleasant temperatures and ideal conditions for sightseeing, market visits and culinary exploration.

Spring Departures (April to May)

Spring brings mild temperatures, fresh greenery and flowering gardens across much of China. In Chengdu, Changsha and Fuzhou, daytime temperatures typically range from 18°C to 28°C (64°F to 82°F), while Shanghai and Beijing are generally slightly cooler at 15°C to 25°C (59°F to 77°F). Occasional rain showers are possible, particularly in southern China, but conditions are generally comfortable for exploring cities, markets and historic sites.

Autumn Departures (September to November)

Autumn is widely regarded as one of the best times to visit China, with clear skies, lower humidity and comfortable temperatures. Daytime temperatures generally range from 15°C to 28°C (59°F to 82°F) across the regions visited, with cooler evenings in northern destinations such as Qufu, Jinan and Beijing. Autumn also brings pleasant conditions for walking tours, outdoor dining and exploring historic districts, making it an excellent season for a culinary journey through China.

Regardless of departure season, comfortable walking shoes, a light rain jacket and clothing suitable for layering are recommended, as temperatures can vary between regions and between day and evening.

dietary requirements

This is a food focussed itinerary and we want you to get the absolute best out of it so it's essential you let us know any dietary needs. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Group members must travel with all necessary medications for food allergies and be capable of self-administering these medications.

accommodation on the trip



Accommodation has been selected to reflect the character of each destination and includes a combination of boutique hotels, heritage-style properties and centrally located city hotels. Several stays are located within historic districts, allowing easy access to local food streets, markets and cultural attractions. Properties have been chosen for their comfort, convenience and connection to the local destination.

Flavours of China: A Journey Through Regional Cuisines

Go beyond the tourist trail on a culinary journey through China, combining regional cuisines, cooking classes, historic cities and authentic local encounters as you travel from Sichuan to Beijing by high-speed rail



what you carry

In your daypack you will need to carry everything you need for the day such as rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. You will also be responsible for carrying your main luggage on and off the trains.

equipment required

Specialist gear required include walking shoes and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

visas

Australian, New Zealand, Canada and the UK passport holders can travel to China for tourism without a visa if their stay is 30 days or less. This visa-free policy is effective to 31 December 2026. If you are staying over 30 days you will need to apply for a visa before your trip.

If you require a visa, it is advisable to apply for your visa approximately 6 weeks before your intended entry into China, but not earlier than three months prior. Applying too early may result in your visa expiring before your arrival. Passport holders from Australia, Canada, United Kingdom, New Zealand and the United States, please visit: <https://consular.mfa.gov.cn/VISA/> to be directed to your dedicated city and countries website for instructions.

If you have any doubt about your eligibility, verify the conditions for visa free entry with your nearest Chinese Embassy.

Depending on your passport and location, different requirements apply and they change at short notice. Please refer to websites above for the latest information.

All other nationalities should check with your nearest embassy or consulate.

You must complete an electronic Digital Arrival Card (CDAC) prior to arrival to China. This free, mandatory, and 100% digital process is done via the National Immigration Administration (NIA) website, generating a QR code for immigration inspection. <https://s.nia.gov.cn/ArrivalCardFillingPC/entry-registation-home>

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

webinars & events

Catch a Webinar – Live or On Demand - to learn more about a particular trip. Make sure the trip you choose is right for you. Watch them live, so you can ask our presenters a question, or catch the recording later at your leisure and watch it On Demand. Visit our website or keep an eye on our newsletter for upcoming presentations.

private groups

The adventures that you see on our website are just a starting point. We operate many of our trips, which means we can be flexible and create an itinerary to suit your interests and dates. Talk to our

Flavours of China: A Journey Through Regional Cuisines

Go beyond the tourist trail on a culinary journey through China, combining regional cuisines, cooking classes, historic cities and authentic local encounters as you travel from Sichuan to Beijing by high-speed rail



team, you'll be surprised how much more affordable it can be when you get a group of friends, colleagues, a club – you name it, to travel with you!

subscribe to our e-newsletter

Never miss another deal or spot on an exciting new trip! Be part of our adventure community, head to our website to subscribe to our free e-newsletter.

social networking

Connect with our community @

FACEBOOK: @worldexpeditions

facebook.com/worldexpeditions

INSTAGRAM: @worldexpeditions

Follow us at [instagram.com/worldexpeditions](https://www.instagram.com/worldexpeditions)

YOUTUBE: World Expeditions

Subscribe to our channel at [youtube.com/worldexpeditions](https://www.youtube.com/worldexpeditions)

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

trip availability

We operate small group adventures, which means availability is always worth checking early. Check trip availability online or call our team who might be able to dig a little deeper for you to find what you want, when you want.

Many adventures require services that, if not available at the time you book (like an internal flight or permit) could mean the trip is unavailable. So, book early to avoid missing out on your dream adventure.

how to book

Check trip availability and book your tour online, or call or visit one of our offices. To book a trip, you will need to complete a Booking Form (online or request a PDF) and pay a non-refundable deposit. Please note that when booking our tours to not confirm any additional arrangements until all services related to your tour are confirmed by your dedicated Reservations Consultant.