Traversing the Ancient Tea Horse Road with Jeff Fuchs

Follow the trail back to tea’s roots on this journey led by tea expert Jeff Fuchs. From the raw and unadulterated tea culture born in subtropical Xishuangbanna to the fragrant Tibetan beverages of fabled Shangri-La, discover how tea has woven itself into the historical fabric of the three-dozen cultures found along its pathway to Tibet. Hike through the forests of the first tea trees and step into the homes of descendants of the first tea cultivators on this thirst-quenching National Geographic ‘Tour of a lifetime’.

**Day 1-3 | Xishuangbanna**
Join Jeff for a welcome dinner and enjoy his introduction to the Ancient Tea Horse Road • Pass by coconut palms and banana trees as you drive along the Mekong River to the stilted bamboo houses and Buddhist pagodas of Ganlanba • Trek to a Dai minority village and local monastery hidden in the hills • Spend your second morning at bustling Menghai Market, where minority women sell high-quality tea and lively eels • Hike past sugarcane fields and tea plantations to reach the ancient tea tree forest on Nannuo Mountain

**Day 4-6 | Shaxi**
Admire Dali’s picturesque old town, home to colorful Bai minority communities • Stroll along the cobbled streets of Shaxi, one of the last remaining market towns on the Tea Horse Road • Spend the day following the Ancient Tea Horse Caravan Road through Shaxi’s sloping valleys, brushing past golden barley and canola fields • Feast on local Bai cuisine and contemplate the important influences of the Tea Horse Road on Bai culture

**Day 6-7 | Shaxi - Lijiang**
Admire Shibaoshan Grottoes’ ancient stone-carved Buddhist figurines and learn about the dissemination of Mahayana Buddhism from Tibet to Yunnan province along the Tea Horse Road • Travel to the UNESCO World Heritage town of Lijiang • Explore the small paths and canals that weave through Lijiang Old Town and come across Naxi people, another cultural minority integral to the trade route • Pass by Shigu Old Town and the mythical first bend of the Yangtze River as you continue along the trade route to fabled Shangri-La

**Day 7-10 | Shangri-La**
Wake up early to explore the antiquated lattice of small paths and canals weaving through Lijiang’s Old Town, well before the crowds arrive • Wander through the gilded pillars and incense-filled rooms of Songzalin, Yunnan’s largest Tibetan Buddhist Monastery • Follow the narrow, winding lanes of Shangri-La Old Town and join the locals for a cup of Tibetan butter tea • Reach the fringes of Tibet as you continue along the Tea Horse Caravan Road to the ephemeral Napahai Lake • Partake in a festive Tibetan-style farewell dinner

**For more information, contact your travel advisor today**

**About This Trip**
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**Highlights:**
- Hiking through Aini minority areas and into the Ancient Tea Tree Forests
- Enjoying a cup of Tibetan butter tea in Shangri-La Old Town

**About WildChina**
WildChina is an award-winning experiential travel company dedicated to crafting life-changing experiences through authentic and sustainable travel. Our passionate local guides and experienced trip designers will take care of every comfort for you, leaving you free to thrive on what’s happening before you.

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