



FUJIAN

Bike journey



Destination

Fujian

Mistaken in early satellite photos for missile silos, Fujian's ring-shaped 'tulou' turned out to be way more interesting! These earthwork giants, a cross between a castle and a community center, can contain a whole Hakka clan, living, working and raising families in the safety of their multi-floor citadel, where all homesteads face inward on each other.

Students will get to live in these incredible UNESCO-listed World Cultural Heritage buildings with their Hakka hosts, while also supporting actual heritage conservation, experiencing Fujian's vibrant folk culture, and learning more about the colonial history of Fujian, the origin province of many overseas Chinese communities.



Itinerary

Program Overview

The following pages describe our itinerary, from meeting the group at the arrival point, right up to the moment you and the group leave to go home.

We've broken down the key structure of each day and included summaries of the program's daily highlights and biking notes.





Taking in the views around Xiamen

Day 1

Xiamen Arrival and Twilight Exploration

Arrive in the former treaty port of Xiamen and take in the sights of one of China's most affluent cities. Xiamen, translates literally as 'gateway to the mansion', and the city has a long and prosperous history in trade, beginning even before it became a British port with the Treaty of Nanjing in 1842.

Notable for some colonial period stunning architecture, Xiamen is perhaps more famous for its mark on the wider world: the city, with its cosmopolitan mix of locals and foreign traders became a gateway out for many Hakka, and other Fujianese, seeking their fortunes overseas.

In Xiamen you'll have the chance to explore a bygone era, sample all manner of local delicacies, and see how past and modernity clash in this captivating city..

Day 2

Xiamen

20-23 kilometers

The next morning, we'll embark on a 20km ride over the only elevated-urban bike route in all of China before zooming down the eastern coast of Xiamen Island. We'll enjoy local Minnan food before having the opportunity to enjoy the local beaches or the hip area surrounding Xiamen University.





Day 3 **Xiamen to Fuyulou**

We'll set out on the bus the next morning, easing out of the city as we ascend past tea plantations and fruit farms. Arriving in Tulou country, we'll have the opportunity to explore the HongKeng Cluster by foot and end the day sipping Oolong tea as we settle into the first of our Tulou homestays in the FuYuLou Tulou cluster.



Day 4

Hong Keng to Meilin Ride *30-40 kilometers*

Beginning by having breakfast with our host family, we'll finish up our ride in style, propelling ourselves well off the beaten tourist trail, cycling through to Meilin, a quaint, riverside village seemingly frozen in time. We will stop for lunch at Mr. Wei's and those seeking more challenge, can choose to take on our most challenging route yet, a 3km ascent to the summit and an abandoned tea plantation. Those looking to explore the local village more, can leisurely explore the village before heading back for our final night at Fuyulou and Hongkeng Cluster.

Exploring UNESCO World
Heritage Sites

Day 5

Nanxi Valley to Chuxi Ride 40-60 kilometers



In the morning, we'll begin with a gentle uphill from Hongkeng cluster before a slightly more testing ride, taking on challenging country lanes and farming trails. We will stop at a number of impressive Tulou clusters culminating in visiting one of the oldest and grandest Tulou in the area: Chuxi

Travelling the Fujian countryside on two wheels



Day 6

Hongkeng to Zhangzhou

After 3 days of cycling, we will take a slow and relaxed morning with final explorations of the Hongkeng Cluster before we set off for Zhangzhou. En route, we will stop in the tea fields that cover the mountains, where local families still process their own homegrown tea. In one of these fields, we will learn the art of picking, drying, rolling, and oxidizing *Camellia Sinensis* leaves into the distinctive Oolongs of the region. Fruit, herbs and flowers grown in the hills will be introduced to students, which can then be used to accent their own self-made teas. You'll have the chance to learn how to distinguish between different teas and learn the art of the Fujianese tea brewing method. Finally, the broader historical impact of tea on China and the world will be narrated as part of the Fujian story.

In Zhangzhou, we will spend our final evening celebrating in the old town!



The Hutong trip to Fujian was one of the very best I have been involved in. I have led trips around the world for over 14 years now and this company really have their finger on the pulse. The educational benefit is in black and white, there to be seen, whilst the emotional and physical challenge is balanced to bring out the very best in the students. I would recommend them in a heartbeat.

Matt



“The tour in Fujian was spectacular. Incredible landscapes, beautiful villages and the roads and the paths were really comfortable and the mountain bikes were very comfortable. Thank you for one of the best experiences on the road of my life.”

Ugo

“What a fantastic time! Travelling in China can be challenging in many ways, so having an authentic experience is not always easy. A Hutong bike journey is the absolutely perfect way to experience a new travelling frontier, sink into a culture genuinely and truthfully and have a great time the whole way. If you want to see China, cycle, eat great food, meet real locals and learn what it is to be in China nowadays, look no further.”

Charlie





SUPPORT

WE WILL BE SUPPORTED BY A SMALL BUS THAT WILL CARRY OUR SNACKS, WATER, LUGGAGE, AND EQUIPMENT. THE BACK UP BUS WILL SWEEP THE ROUTE AND PICK UP CYCLISTS ALONG THE WAY. SO IF FEEL LIKE YOU'RE TIRED, HAVE SOME SORE LEGS, OR JUST WANT AN EASY DAY, THE BUS WILL BE READY FOR YOU. WE WILL ALSO HAVE A MECHANIC FOLLOWING THE GROUP FOR PATCHING FLAT TIRES OR FIXING ANY OTHER PROBLEMS THAT MAY ARISE.

SAFETY

THE HUTONG REQUIRES HELMETS FOR ALL RIDERS ON ALL OF ITS CYCLING TRIPS. YOUR GUIDES ARE TRAINED IN FIRST AID AND BICYCLE SAFETY, BUT IT IS YOUR RESPONSIBILITY TO ENSURE THAT YOU RIDE SAFELY. FOR MORE INFORMATION ON SAFE BICYCLE RIDING, PLEASE REFER TO OUR BICYCLE SAFETY GUIDELINES.



ROAD CONDITIONS

WHILE MOST ROADS ARE PAVED, THERE ARE OCCASIONAL SECTIONS WITH GRAVEL OR POTHOLES. THE BIKES AVAILABLE FOR RENT WILL BE 21-SPEED CHINESE MOUNTAIN BIKES. WHILE WE WELCOME PARTICIPANTS TO BRING THEIR OWN MOUNTAIN BIKES, WE STRONGLY DISCOURAGE ANYONE FROM BRINGING A ROAD BIKE, AS THE ROADS WILL TEAR YOUR TIRES TO SHREDS.



MEALS & SNACKS



THE HUTONG WILL ORGANIZE THREE MEALS A DAY, INCLUDING PLENTY OF CARBS AND PROTEIN TO FUEL YOU UP FOR THE RIDE. BREAKFAST IS CHINESE STYLE, ACCOMPANIED BY A VARIETY OF LOCAL SPICES AND PICKLED VEGGIES. LUNCHES AND DINNERS ARE AT LOCAL HOMES AND RESTAURANTS, AND ARE INVARIABLY FRESH, COLORFUL, AND OFTEN SPICY. PLEASE LET YOUR HUTONG GUIDES KNOW IF YOU HAVE ANY FOOD ALLERGIES, OR CANNOT EAT SPICY FOODS. WE WILL MAKE WHILE WE WILL PROVIDE SOME SNACKS, WE RECOMMEND THAT PARTICIPANTS BRING ALONG SNACKS THEY KNOW THEY WILL LIKE (GRANOLA BARS, ENERGY GELS, POWERBARS, OR ANYTHING THEY KNOW WILL GET THEM THROUGH THE DAY). WE'LL ALSO PROVIDE FRESH FRUIT AS IT APPEARS ALONG THE ROUTE.

DRINKS

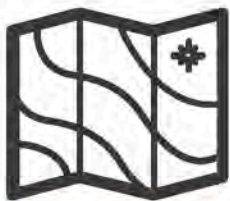
WE BRING PLENTY OF CLEAN, BOTTLED WATER ALONG FOR THE RIDE, AND MAKE SURE TO PROVIDE LOTS OF REHYDRATION STOPS. WE ALSO INCLUDE SUGARY DRINKS AT MEAL TIMES FOR A BIT OF AN EXTRA BOOST, AS WELL AS THE FIRST ROUND OF COLD BEER AT DINNER TIME. WE DO NOT PROVIDE ENERGY DRINKS OR SPORTS DRINKS.



ACCOMMODATIONS

THE FIRST, SECOND, AND LAST NIGHTS OF THIS RIDE, WILL BE SPENT IN HOTELS. OTHER THAN THESE THREE NIGHTS, THIS IS NOT A LUXURY VACATION. RIDERS WILL BE STAYING IN LOCAL TULOUGUESTHOUSESS ALONG THE ROUTE. ACCOMMODATIONS ARE BASIC BUT VERY QUIANT, AND WITH WIFI SERVICE.





GUIDES

EACH FUJIAN BIKE JOURNEY COMES FULLY EQUIPPED WITH TWO ENGLISH-SPEAKING GUIDES WHO ARE FAMILIAR WITH THE TERRAIN AND EXTREMELY KNOWLEDGEABLE ABOUT THE AREA'S CULTURE, INDUSTRY, AND HISTORY. WE ALSO WORK VERY CLOSELY WITH TWO LOCAL GUIDES WHO KNOW AND LOVE THE AREA, AND ALSO HELP TO PROVIDE ALL KINDS OF WONDERFUL EXPERIENCES.

FLIGHTS

THE HUTONG CAN HELP TO ORGANIZE A GROUP FLIGHT DEPARTING FROM BEIJING TO XIAMEN ON DAY 0, AND FROM XIAMEN TO BEIJING ON DAY 5. WE DO NOT MARK UP FLIGHTS. THAT SAID, IT'S LIKELY YOU MAY BE ABLE TO FIND A CHEAPER FLIGHT ONLINE. PLEASE LET US KNOW IF YOU'RE INTERESTED IN JOINING THE GROUP FLIGHT; IF YOU'D LIKE TO ARRANGE YOUR OWN FLIGHTS TO OR



HEALTH

WE RECOMMEND THAT YOU VISIT A TRAVEL MEDICAL DOCTOR OR CONSULT WITH THE CDC AND ASK ABOUT THE FOLLOWING VACCINATIONS: TYPHOID, POLIO, TETANUS AND HEPATITIS A.



WEATHER

FUJIAN IS VERY HOT DURING THIS TIME OF YEAR: THE HIGHS ARE IN THE MID 30S, AND THE LOWS ARE IN THE HIGH 20S (CELSIUS). WE WILL ALSO UNDOUBTEDLY ENCOUNTER RAINFALL DURING THE RIDE. WHILE THE RAIN WILL COOL YOU OFF, IT CAN ALSO COME DOWN HEAVILY. IN SHORT: YOU WILL NEED RAIN GEAR, PLENTY FLUIDS TO KEEP



ARRIVING & DEPARTING

THIS TRIP WILL BEGIN AND END IN XIAMEN. IF YOU ARE FLYING ON THE GROUP FLIGHT, THE HUTONG'S GUIDE WILL HELP YOU CHECK IN AND ARRANGE LUGGAGE AT



MONEY AND EXTRA EXPENSES

THE CHINESE CURRENCY IS THE REN MIN BI (THE PEOPLE'S CURRENCY), OR THE YUAN. ATMS ARE PLENTIFUL IN XIAMEN, BUT HARD TO FIND IN THE SMALLER VILLAGES AND TOWNS. IN MOST PLACES YOU WON'T NEED MONEY, EXCEPT FOR SNACKS OR DRINKS. THERE WILL BE SEVERAL STOPS ALONG THE WAY FOR LOCAL KEEPSAKES, IN WHICH CASE YOU MAY WISH TO HAVE A LITTLE BIT OF MONEY; NO MORE THAN A FEW HUNDRED RMB SHOULD BE SUFFICIENT, UNLESS



PACKING LIST

THIS IS NOT INTENDED TO BE AN EXHAUSTIVE LIST.
PLEASE USE YOUR OWN JUDGMENT WHEN PACKING. KEEP PACKING TO A MINIMUM

- YOUR OWN HELMET!
- BIKE SHORTS OR PANTS (These are not required but you – and your behind – may find the extra padding helpful during the longer days)
- SYNTHETIC T-SHIRT OR BIKING SHIRTS (Synthetic shirts will wick sweat faster allowing you to stay cool when it is warm out. They will also dry faster allowing you to stay dry in the rain)
- LIGHTWEIGHT FLEECE OR VEST.
- WATERPROOF AND BREATHABLE JACKET (In case we are caught riding in the rain you will want something to keep you dry while allowing you to vent body heat.)
- RIDING GLOVES
- HAT OR CAP
- ATHLETIC SHOES (If cycling in clipless shoes for exploring the towns)
- A CAMELBACK TYPE HYDRATION PACK, OR OTHER LARGE WATER BOTTLE THAT CAN FIT IN A CYCLING CAGE
- SMALL PERSONAL FIRST AID KIT
- POWERBARS, GOO, OR OTHER ENERGY SNACKS
- POWDERED DRINK MIX
- SUNSCREEN
- CAMERA
- FLASHLIGHT OR HEAD TORCH
- GPS (OPTIONAL BUT A GOOD IDEA)
- CASUAL CLOTHES (While most of our time will be spent on bike it is a good idea to have some casual but non-athletic clothes for our time in Xiamen and the villages)
- TOOTHBRUSH & TOOTHPASTE
- SOAP / BODY WASH
- SHAMPOO / CONDITIONER
- ANY OTHER PERSONAL NEED ITEMS
- A DAY PACK FOR YOUR CAMERA, SNACKS, AND ANYTHING ELSE YOU'D LIKE TO CARRY ON YOUR PERSON
- A TOWEL
- INSECT SPRAY (mosquito spray)
- CREAM (VASELINE) FOR CHAFING
- EAR PLUGS (There are some roosters in some of the villages we are going to be staying in)

Our principles

Hutong Core Values

Throughout our journeys, we encourage participants to push their boundaries, explore their surrounding culture and embrace sustainable travel.

These notions are born out of our six Hutong Core Values.



BE A GOOD EGG

We are honest, respectful and 100% reliable. We're a basket full of good eggs.



EMBRACE DIVERSITY

We learn from others and broaden our minds by seeking out different perspectives and proactively embracing diversity.



LIGHT A SPARK

We love what we do and are eager to share our enthusiasm. Our passion lights a spark



GO THE EXTRA 'LI' (MILE)

Our dedication leads us to deliver more than expected and always go the extra 里 (li).



SEEK CHALLENGE

We view obstacles as opportunities to work together, step outside of our comfort zones, and grow.



SMILE MORE

We have fun, laugh a lot and always make time to play. That's why we smile more!



The Hutong
**A Bit
About Us**

The Hutong creates unforgettable travel experiences throughout China for students from international schools around the world. Since 2009, we have been running educational programs to off-the-beaten-track destinations across China: from the rainforests of southern Yunnan to the grasslands of the Mongolian steppe, all of our programs are meticulously researched and planned to optimize student learning and to offer fun, innovative, and immersive experiences.

As well as being a licensed travel operator across Greater China, The Hutong is at heart a transformative education company. We partner with leading schools to build programs that incorporate learning objectives and life skills, all the while maintaining absolute professionalism, and an impeccable safety record. From our team of international educators to our travel specialists, each and every Hutonger shares a passion for providing exceptional learning experiences.

Students who attend Hutong programs engage with global issues and leave with broadened horizons, a renewed sense of their strengths and abilities, and a more solid understanding of ethical tourism and global development. No matter where we go, we aim to make a positive impact on the communities we visit, and on the student groups we lead.