

Seven Days in China

Three cities. One unforgettable journey.

CHENGDU · CHONGQING · SHANGHAI | 7 DAYS, 6 NIGHTS

jadedays.com.au

A FIRST-TIME CHINA JOURNEY, THOUGHTFULLY PLANNED

From Chengdu’s panda encounters and slow teahouse afternoons, through Chongqing’s gravity-defying streets, to Shanghai’s waterfront glamour and hidden lanes. This is a real-world-inspired sample route to help you picture what seven days in China could feel like with Jade Days.

YOUR WEEK AT A GLANCE

DAY	WHERE	A HIGHLIGHT TO LOOK FORWARD TO
1	Chengdu	Taikoo Li, Daci tea and an imperial welcome banquet
2	Chengdu	Pandas, Dujiangyan, Zhongshuge and SKP after dark
3	Chengdu → Chongqing	Tea, high-speed rail, Liziba and cliffside dining
4	Chongqing	Old temples, river cableway, hillside lanes and hotpot
5	Chongqing → Shanghai	Fly to Shanghai; White Magnolia views and local dining
6	Shanghai	Wukang Road, Zhujiajiao water town and skyline lights
7	Shanghai	Yu Garden, modern Shanghai and a craft keepsake

WHERE YOU REST

CHENGDU 2 NIGHTS	CHONGQING 2 NIGHTS	SHANGHAI 2 NIGHTS
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All the little details matter. Thoughtfully selected hotels, local dining, smooth intercity connections and experiences with a personal touch make the difference. This is an inspiring sample itinerary, not a fixed-date departure or confirmation of individual inclusions.

Pandas, tea & Sichuan soul

Two nights in Chengdu to meet its icons and discover the quieter rhythms of local life.

DAY 1 · CHENGDU

A warm welcome

ARRIVAL

Meet your guide for a smooth airport or rail-station welcome and hotel transfer. Take a little time to settle in; the day can be adjusted around your arrival.

AFTERNOON

Explore Taikoo Li and Chunxi Road: the famous climbing panda, contemporary architecture and historic Daci Temple. Enjoy covered-bowl tea at Daci Teahouse; catch a traditional face-changing performance when available.

EVENING

Begin the journey with the theatrical Shu Gong Yan imperial welcome banquet - Chinese dress, an immersive setting, Sichuan flavours and a memorable cultural show.

A NOTE FOR YOUR DAY A gentle first afternoon is intentional. Your guide can rearrange sightseeing if your flight arrives later, so the trip begins comfortably.

DAY 2 · CHENGDU & DUJIANGYAN

The city beyond pandas

MORNING

Head to Dujiangyan Panda Valley, stop by the giant panda landmark in Dujiangyan Square, and explore Zhongshuge Bookstore with its extraordinary mirrored shelves.

AFTERNOON

Return to Chengdu for a relaxed Sichuan lunch and a little more time to enjoy the city. Visit SKP and discover the dramatic Tower of Life installation.

EVENING

Enjoy a lively Sichuan dinner and the city's illuminated streets. Your guide can suggest local favourites to suit your preferred spice level.

A NOTE FOR YOUR DAY Panda sightings and outdoor visits vary with conditions. Comfortable shoes, a light rain layer and an early start make the day easier.

Tea to the mountain city

A high-speed-train transition turns an ordinary transfer into part of the adventure.

DAY 3 · CHENGDU → CHONGQING

A day of contrasts

MORNING

Start the day like a local in People's Park: teahouse breakfast, covered-bowl tea, optional traditional ear-cleaning and the joyful sounds of park singers and community choirs.

MIDDAY

Travel by high-speed train from Chengdu to Chongqing. We plan the station transfers and allow time for luggage, ticket checks and a relaxed arrival.

AFTERNOON & EVENING

See the famous Liziba train passing through a building, wander the atmospheric Eighteen Steps (Shibati), then enjoy cliffside barbecue as the mountain city lights up.

A NOTE FOR YOUR DAY Ear-cleaning is entirely optional. High-speed train times and the order of sightseeing are selected around your actual travel date.

DAY 4 · CHONGQING

The spectacular 8D city

MORNING

Begin at Luohan Temple, where quiet incense-filled courtyards meet modern skyscrapers. Stop for local coffee before exploring the city's dramatic layered streets.

AFTERNOON

Ride the Yangtze River Cableway for a view across the river, then wander Longmenhao and Xiahaoli for hillside lanes, traditional architecture and sweeping skyline views.

EVENING

Discover Chongqing's bold jianghu-style dishes or air-raid-shelter hotpot, then see Hongyadong glowing above the river after dark.

A NOTE FOR YOUR DAY Cableway operations depend on weather and visitor numbers. Your guide helps pace the day and can recommend a hotpot spice level to suit you.

Where old meets new

A change of skyline, with an easy mix of celebrated landmarks and time to explore.

DAY 5 · CHONGQING → SHANGHAI

From hills to skyline

MORNING & FLIGHT

After a relaxed breakfast, head to the airport for your flight to Shanghai. Private transfers and hotel check-in are planned around the confirmed flight schedule.

AFTERNOON

Enjoy an introduction to the city's grand riverside architecture and modern skyline. Take in a sweeping panorama from the White Magnolia observation deck on the North Bund.

EVENING

Enjoy Shanghai's contemporary energy - from DJ music to Peking-opera-inspired performances when scheduled - followed by a carefully chosen Shanghainese dinner.

A NOTE FOR YOUR DAY Skyline visibility changes with the weather; performances and observation-deck access depend on scheduling and venue operations.

DAY 6 · SHANGHAI & ZHUJIAJIAO

Street life & water-town calm

MORNING

Stroll Wukang Road and the leafy former French Concession: historic residences, local cafés, independent boutiques and an easy brunch.

AFTERNOON

Leave the city behind for Zhujiajiao Water Town, where old stone bridges, canals and traditional streets offer a slower side of Shanghai.

EVENING

Return to the modern city for dinner at the striking Warehouse No. 3 or a similar thoughtfully selected venue, then enjoy the spectacular Lujiazui skyline after dark.

A NOTE FOR YOUR DAY Zhujiajiao involves walking on uneven stone paths. Your guide considers weather and traffic so the afternoon remains enjoyable.

A little China to take home

A thoughtful final day - finishing with memories you can keep, not just photos.

DAY 7 · SHANGHAI

The old city & farewell

MORNING

Discover Yu Garden and the City God Temple area: ornate rooflines, intimate lanes and the flavours of Shanghai's old city. If time allows, explore the striking The Louis landmark and contemporary city streets.

LUNCH

Enjoy xiaolongbao and other local specialities at a handpicked restaurant, such as Lai Lai Xiaolongbao - an easy, delicious farewell to the city.

AFTERNOON

Try a cloisonné enamel workshop in the Tianzifang area. Learn about traditional wire-inlay and colour-filling techniques and create a small keepsake before your personalised airport transfer.

A NOTE FOR YOUR DAY Departure-day activities depend on your flight time. We prioritise a comfortable airport transfer over squeezing in one more stop.

A FEW DETAILS, TAKEN CARE OF

YOUR OWN PACE

A private route can be adjusted around the people travelling, from food stops to downtime and photo moments.

BEHIND THE SCENES

English-speaking local guides, private transfers and intercity transport can be coordinated together, with final inclusions confirmed in your quotation.

AT THE TABLE

Tell us about allergies, dietary needs and your comfort with Sichuan spice. We can tailor restaurant choices to your tastes.

WEATHER & FLEXIBILITY

Outdoor attractions, views and performances depend on conditions. Your guide helps adjust the order of the day when needed.

MAKE THIS JOURNEY YOUR OWN

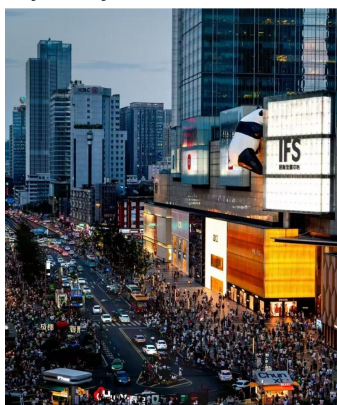
Inspired by these seven days? Jade Days creates private, tailor-made China journeys, with thoughtfully selected stays, local experiences and an itinerary shaped around you.

Explore your journey: jadedays.com.au

A glimpse of the places along your journey.



Taikoo Li & Daci Temple
CHENGDU



Chunxi Road
CHENGDU



Panda Valley
DUJIANGYAN • CHENGDU



SKP • Tower of Life
CHENGDU



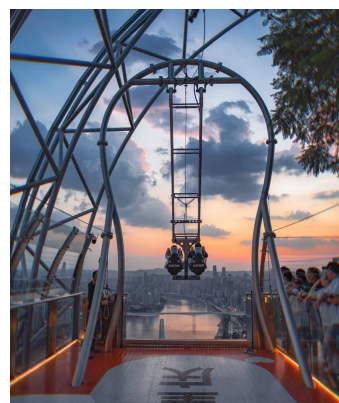
The Jinjiang Riverside by Night
CHENGDU



Hongyadong
CHONGQING



Liziba Station
CHONGQING



Raffles City Sky Walk
CHONGQING



The Bund
SHANGHAI



Yu Garden & City God Temple
SHANGHAI



White Magnolia Deck
SHANGHAI

Dining moments worth savouring.



Shu Gong Yan Imperial Banquet
CHENGDU • WELCOME DINNER



Yu Shao Xia
CHENGDU • COVERED-BOWL LUNCH



Nanfeng Cliffside Barbecue
CHONGQING • DINNER WITH A VIEW



Warehouse No.3
SHANGHAI • LUJIAZUI DINNER



Lai Lai Xiaolongbao
SHANGHAI • FINAL-DAY LUNCH OPTION

THE EXPERIENCES

The hands-on moments between the sights.



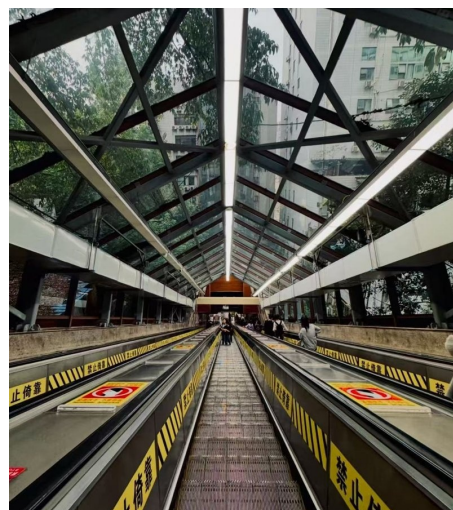
People's Park Teahouse

CHENGDU • BOWL TEA & SLOW MOMENTS



Zhongshuge Bookstore

DUJIANGYAN • MIRRORS & BOOKS



Crown Escalator

CHONGQING • THERE & BACK



Yangtze River Cableway

CHONGQING • ACROSS THE RIVER



Zhujiajiao Water Town

SHANGHAI • CANALS & OLD LANES



Cloisonné Enamel Workshop

SHANGHAI • MAKE & TAKE HOME