A TRAVEL BOOK FOR ONE TRIP

12 days in China: Chengdu, Chongqing, Zhangjiajie & Changsha

12 days · 4 places



1	**Chengdu** 成都	4 days	3	**Zhangjiajie** 张家界	3 days
2	**Chongqing** 重庆	3 days	4	**Changsha** 长沙	2 days

Everything in here works with no internet. The parts marked ✓ were checked against the official page on the date shown.

Made at chinamapbook.com — free, no sign-up.

Open this trip, or copy it
chinamapbook.com
/b/pgbpks8n2yrc

Checked for you

What we checked for this trip, and what to do before you go.

- 9 things to book or do.

WHAT TO DO, AND WHEN

- [ ] **Now** — Chengdu Research Base of Giant Panda Breeding: tickets open 14 days ahead. Book in its WeChat mini program “成都大熊猫繁育研究基地”, with your passport; each of you books under your own name. ✓ Checked Wed, Oct 7, 2026 · source

  > **成都大熊猫繁育研究基地**
  > In WeChat, tap search and type or paste this name to find its mini program.
  > Its booking pages are in Chinese, and we have not checked them step by step yet.

- [ ] **Check its page** — Chengdu Museum: when tickets open is not checked yet. Book on its official site.
  Its booking pages are in Chinese, and we have not checked them step by step yet.

- [ ] **Now** — Yangtze cable car: tickets open 0 days ahead at 07:45 Beijing time. Book through its WeChat account “长江索道”. Whether you must book ahead is not checked yet — booking is the sure way in. ✓ Checked Wed, Oct 7, 2026 · source

  > **长江索道** In WeChat, tap search and type or paste this name to find its mini program.
  > Its booking pages are in Chinese, and we have not checked them step by step yet.

- [ ] **Check its page** — Tianmen Mountain: when tickets open is not checked yet. How to book is not checked yet.

- [ ] **Now** — Mawangdui: free, but booked ahead: booking opens 5 days ahead at 20:00 Beijing time. Book on its official site, with your passport; each of you books under your own name. ✓ Checked Wed, Oct 7, 2026 · source
  Its booking pages are in Chinese, and we have not checked them step by step yet.

- [ ] **Now** — Yuelu Mountain: free, but booked ahead: booking opens 3 days ahead. Book through its WeChat account “岳麓山 橘子洲旅游区”, with your passport; each of you books under your own name. ✓ Checked Wed, Oct 7, 2026 · source

  > **岳麓山 橘子洲旅游区**
  > In WeChat, tap search and type or paste this name to find its mini program.
  > Its booking pages are in Chinese, and we have not checked them step by step yet.

- [ ] **Now** — Alipay takes foreign bank cards — link yours in the app before you fly, then scan to pay wherever Alipay QR codes are accepted. Keep a physical card and some cash as backup. ✓ Checked Wed, Oct 7, 2026 · source

- [ ] **Now** — WeChat Pay takes foreign bank cards for everyday purchases — add yours under Wallet, then scan to pay where WeChat Pay is accepted. No fee up to 200 RMB per payment, 3% above; red packets and transfers are not supported. ✓ Checked Wed, Oct 7, 2026 · source

- [ ] **Now** — Travel eSIMs need an eSIM-capable, carrier-unlocked phone — check yours before you buy. ✓ Checked Sun, Oct 4, 2026 · source

YOUR DATES

- Day 1 and Day 12 are planned light, as if you land by early afternoon and fly home in the evening. Landing late or flying early? Keep those days for getting in and out, and move their sights.
  guide

NOT CHECKED YET

We say what we could not check rather than guess.

- Choose your passport and we'll check how you get in.



1

Chengdu 成都

Pandas, teahouses and the Dujiangyan irrigation works

4 days here

Where I'm going in Chengdu (8 cards) · Help in Chinese · Emergency

- Dujiangyan is about 1h34 from Chengdu (60 km).
  an estimate
- Qingcheng front mountain gate is about 1h34 from Chengdu (59 km).
  an estimate
- Chengdu: West China Hospital, Sichuan University - International Medical Center (International Hospital of Sichuan Province) — 四川大学华西医院（国际医疗中心 / 四川国际医院）, 成都市武侯区国学巷37号（主院区） · international department · English spoken · ☎ +86-28-85422408；+86-28-85586698（国际医疗中心预约）；028-85422114（医院总机）.
  ✓ Checked Wed, Oct 7, 2026
- Chengdu: Sichuan Provincial People's Hospital - International Medical Department — 四川省人民医院（国际医疗部·特需）, 四川省成都市青羊区一环路西二段32号 · international department · ☎ 028-87393999（总机）；028-87393928（患者咨询，工作日）.
  ✓ Checked Wed, Oct 7, 2026

WHERE I'M STAYING

Good areas: Chunxi Road–Taikoo Li 春熙路—太古里 (16 min to Chengdu East Railway Station 成都东站) · Kuanzhai Alleys–People's Park 宽窄巷子—人民公园 (25 min to Chengdu East Railway Station 成都东站)

Hotel name

Address in Chinese

WHAT I'M GOING TO SEE

People's Park teahouse Day 1

Tea, bamboo chairs, and local life

Give it: 1–2 hours About 10 min by metro from Chengdu (an estimate)

HOURS not checked yet

> *Order a gaiwan at the century-old Heming teahouse and settle among the bamboo chairs and mahjong tables — the sunny-afternoon outdoor seat is the classic frame*

> *Try the ear-cleaning masters with tuning forks and long tools — a Chengdu-only street ritual performed right at the teahouse tables*

Show the driver · People's Park teahouse

人民公园

Kuanzhai Alley

Three parallel lanes of old Chengdu

Give it: 1–2 hours About 15 min by metro from Chengdu (an estimate)

HOURS	not checked yet

> *Metro line 4 stops at the block, and the scenic buses to Dujiangyan, Qingcheng and Sanxingdui leave from the same terminal*

> *Daytime teahouse in Wide Alley, evening in Well Alley — the block flips from heritage to nightlife after dark*

Show the driver · Kuanzhai Alley

宽窄巷子



Chengdu Research Base of Giant Panda Breeding

Pandas up close, mostly in the morning

Give it: half a day

HOURS, SUMMER (MAR 1 – OCT 31)	07:30–18:00 · last entry 17:00
HOURS, WINTER (NOV 1 – MAR 1)	08:00–17:30 · last entry 16:30

✓ Checked Wed, Oct 7, 2026 · source

CLOSED	None — open every day
BOOKING	Required — opens 14 days ahead, real-name
TICKET	¥55

✓ Checked Wed, Oct 7, 2026 · source

> *Be at the gates for opening — pandas eat breakfast outdoors between 07:30 and 10:30 and sleep through midday; the feeding window runs about 09:30-10:00*

> *Enter by the West Gate for the quieter pavilion chain — about three hours, fewer steps than the south side*

Show the driver · Chengdu Research Base of Giant Panda Breeding

成都大熊猫繁育研究基地



Dujiangyan Day 2

Irrigation works still running after 2,000 years

Give it: half a day

HOURS	not checked yet

> *The core walk runs about 90 minutes — Erwang Temple on the hill, down to Baopingkou's bottle-neck cut; pair with Qingcheng the same day via bus 101*

> *Bullet train Xipu to Lidui Park in 20-30 minutes, then a 10-minute walk or bus 4/5/7/17*

Show the driver · Dujiangyan

都江堰



Mount Qingcheng Day 3

Qingcheng front mountain gate 青城前山

Wooded Taoist mountain of mist and pavilions

HOURS	not checked yet

Show the driver · Qingcheng front mountain gate

青城前山

Address of this entrance not checked yet — show the name.

Chengdu Museum Day 4

Chengdu's history under one roof

Give it: half a day

HOURS 09:00–17:00 · last entry 16:30

✓ Checked Wed, Oct 7, 2026 · source

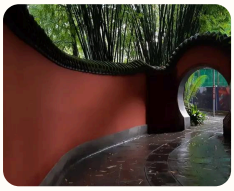
CLOSED Mondays

BOOKING Required ahead — real-name, with your passport

✓ Checked Wed, Oct 7, 2026 · source

Show the driver · Chengdu Museum

成都博物馆



Du Fu Thatched Cottage Day 4

A poet's refuge, rebuilt many times

Give it: 1–2 hours

HOURS 09:00–18:00 · last entry 17:00

✓ Checked Wed, Oct 7, 2026 · source

CLOSED None — open every day

TICKET ¥50

✓ Checked Wed, Oct 7, 2026 · source

> *Huanhua Stream park and the Sichuan Museum sit adjacent — one ticketed garden plus free parkland makes the half-day*

> *The garden keeps a four-season calendar — plum in spring, lotus in summer, chrysanthemum in autumn, orchid in winter*

Show the driver · Du Fu Thatched Cottage

杜甫草堂



Temple of Marquis Wu Day 4

Chengdu shrine to Zhuge Liang

Give it: 1–2 hours

HOURS 09:00–18:00 · last entry 17:00

Not yet checked

CLOSED None — open every day

TICKET ¥50

✓ Checked Wed, Oct 7, 2026 · source

Show the driver · Temple of Marquis Wu

武侯祠



成都火锅

Hotpot

A personal cauldron of red broth in the middle of the table, meat and tripe blanched by the minute, Chengdu's social engine.

Usually contains: beef, offal, sesame, soy, wheat (flour, wheat gluten), alcohol, broth (a guide — always show your allergy card)

Known for it: Yangya Yongya Hexian hotpot 漾亚·雍雅合鲜（桐梓林东路店）

> 您好，两位想吃微鸳鸯锅，麻烦您帮我们调个油碟，谢谢您。

Two of us would like a mild half-and-half hotpot — could you set up our dipping bowls, please?



麻婆豆腐

Mapo tofu

The original mapo tofu at its 1862 birthplace, numbing, silken and served still bubbling in a hot stone bowl.

Usually contains: soy, beef, wheat (flour, wheat gluten) (a guide — always show your allergy card)

Known for it: Chen Ma Po Dou Fu 陈麻婆豆腐（青华路店）

> 您好，一份麻婆豆腐，微辣，谢谢您。

Hello, one mapo tofu, mild please.

串串香

Skewer hotpot

Hotpot deconstructed onto dozens of tiny skewers you grab from a fridge, billed by counting the sticks.

Usually contains: beef, pork, offal, sesame, soy, wheat (flour, wheat gluten), broth (a guide — always show your allergy card)

> 您好，两位，先各拿一把荤素串串，微辣锅底，谢谢您。

Hello, two people, we will grab skewers ourselves, mild broth please.

- Chengdu's wei la (mild) still means chilli-oil broth; order the mushroom or plain broth half of a yuanyang pot if the table cannot take heat.
- The sesame-oil dip is the cooling step for hotpot pieces — nothing goes from pot straight to mouth.

Point at the big Chinese — it is the name on the menu. To order, show the sentence under it.

Also here: Jinsha site · Wenshu Monastery · Luodai Old Town



2

Chongqing 重庆

A hilly river city known for its lights and steep streets

3 days here · 🚄 from Chengdu: about 1h02 (an estimate)

Where I'm going in Chongqing (8 cards) · Help in Chinese · Emergency

- Chengdu → Chongqing: about 1h02 by train (Chengdu East Railway Station 成都东站 → Chongqing West Railway Station 重庆西站).
  an estimate
- Chongqing: The First Affiliated Hospital of Chongqing Medical University, International Medical Center (Jinshan Campus) — 重庆医科大学附属第一医院（金山院区国际医疗中心）, 重庆市两江新区金渝大道50号（综合病房楼17–18层） · international department · English spoken · ☎ 023-88955818（国际医疗中心）; +86 18623389261（English）; 023-65659393（金山院区）.
  ✓ Checked Wed, Oct 7, 2026

WHERE I'M STAYING

Good areas: Jiefangbei–Hongyadong 解放碑—洪崖洞 (25 min to Chongqing North Railway Station 重庆北站) · Guanyinqiao 观音桥 (18 min to Chongqing North Railway Station 重庆北站)

Hotel name

Address in Chinese

WHAT I'M GOING TO SEE

Great Hall of the People (Chongqing) Day 5

A domed hall above a wide city square

Give it: 1–2 hours

HOURS	not checked yet	TICKET	¥10

✓ Checked Wed, Oct 7, 2026 · source

Show the driver · Great Hall of the People (Chongqing)

重庆人民大礼堂

Yangtze cable car Day 5

A cable car across the Yangtze in the city

Give it: 1–2 hours About 10 min by foot from Jiefangbei (an estimate)

HOURS, SUMMER (MAR 1 – NOV 30)	08:00–22:00	HOURS, WINTER (DEC 1 – FEB 28)	08:00–21:00

✓ Checked Wed, Oct 7, 2026 · source

BOOKING Can be booked 0 days ahead — whether you must is not checked yet

✓ Checked Wed, Oct 7, 2026 · source

> *A five-minute, 1,166-metre crossing above the river - the city sliding past under your feet is half the sight*

> *Ride one way and come back on the metro — sunset crossings have the best views and the biggest queues, early morning the calmest*

Show the driver · Yangtze cable car

长江索道

Liziba monorail Day 6

A city train that runs through a building

Give it: 1–2 hours About 15 min by metro from Jiefangbei (an estimate)

HOURS	06:32–23:50

✓ Checked Wed, Oct 7, 2026 · source

> *Budget 20-45 minutes to catch one or two trains and land your shot — it is a photo stop, not a half-day*

> *Sunset into night is the show — the lit train threading the lit block — and unlike most Chongqing viewpoints this one stays free*

Show the driver · Liziba monorail

李子坝



Hongyadong Day 6

Stilted buildings lit up over the Jialing

Give it: 1–2 hours

HOURS	not checked yet

> *Hongya Cave is free and best at night — Line 2 Linjiangmen Exit D, or Line 1 Xiaoshizi Exits 6 and 9; the classic full-front angle is from Qiansimen Bridge*

Show the driver · Hongyadong

洪崖洞



People's Liberation Monument Day 6

Clock tower at the centre of Chongqing's pedestrian streets

Give it: 1–2 hours

HOURS	not checked yet

> *The Liberation Monument block is Chongqing's Times Square — a pedestrian zone with 3,000-plus stores radiating from the monument*

Show the driver · People's Liberation Monument

抗战胜利纪功碑暨人民解放纪念碑



Huguang Huiguan Day 6

Guild hall where merchants from Huguang met

Give it: 1–2 hours

HOURS	not checked yet

Show the driver · Huguang Huiguan

湖广会馆

Ciqikou old town Day 7

A riverside old town of lanes and teahouses

Give it: half a day About 35 min by metro from Jiefangbei (an estimate)

HOURS	not checked yet

> *Arrive before 9 — the lanes are at their emptiest in the early morning, and the light then flatters the timber fronts*

> *This one is original, not a reconstruction — give it a couple of hours for the hilltop temple and the riverside restaurant boats, in on Line 1*

Show the driver · Ciqikou old town

磁器口

Three Gorges Museum Day 7

The story of the river before the dam

Give it: half a day

HOURS	09:00–17:00 · last entry 16:00		
	✓ Checked Wed, Oct 7, 2026 · source		
CLOSED	Mondays	TICKET	Free
	✓ Checked Wed, Oct 7, 2026 · source		

Show the driver · Three Gorges Museum

重庆中国三峡博物馆

WHAT I'M GOING TO EAT

重庆小面

Chongqing noodles

One bowl of alkaline noodles under chilli oil, pea-and-meat sauce and pickles, the breakfast the whole city runs on.

Usually contains: wheat (flour, wheat gluten), peanut (and peanut oil), sesame, soy, lard (a guide — always show your allergy card)

> 您好，二两豌杂面，微辣，加个煎蛋，麻烦您了。

Hello, a small bowl with pea and meat sauce, mild spice, add a fried egg please.



重庆火锅

Chongqing hotpot

The mother pot: beef tallow, a brick of dried chillies and a river of offal, sharper and heavier than Chengdu's.

Usually contains: beef, pork, offal, soy, wheat (flour, wheat gluten), sesame, broth (a guide — always show your allergy card)

Known for it: Qiaotou hotpot 桥头火锅（南岸总店） · Pei Jie hotpot (Raffles City) 珮姐老火锅（来福士店）

> 您好，两位要微辣鸳鸯锅，油碟加蒜泥，麻烦您了。

Hello, mild half-and-half pot for two, garlic in the sesame-oil dip please.

梯坎豆花

Step-lane tofu rice

Silky tofu set on a step-side stall, dipped in garlic-chilli-soy and chased with rice, lunch for pocket change.

Usually contains: soy, wheat (flour, wheat gluten), sesame (a guide — always show your allergy card)

> 您好，一份豆花饭，蘸水辣一点，谢谢您。

Hello, one tofu-pudding rice set, spicy dip please.

- Chongqing noodle shops default to full local heat; say wei la for mild or mian la for no chilli oil when ordering.
- Old-style hotpot broth is beef tallow: it clouds and whitens as it cools — that is normal, not spoiled.

Point at the big Chinese — it is the name on the menu. To order, show the sentence under it.

Also here: Fengsheng Town



3

Zhangjiajie 张家界

Sandstone pillars rising out of forest, and a glass skywalk

3 days here · 🚄 from Chongqing: about 2h06 (an estimate)

Where I'm going in Zhangjiajie (4 cards) · Help in Chinese · Emergency

- Chongqing → Zhangjiajie: about 2h06 by train (Chongqing East Railway Station 重庆东站 → Zhangjiajie West Railway Station 张家界西站).
  an estimate
- Tianmen Mountain is about 59 min from Wulingyuan (park gate) (33 km) — or sleep in Zhangjiajie downtown for it.
  an estimate
- Zhangjiajie: Zhangjiajie People's Hospital — 张家界市人民医院, 张家界市永定区古庸路192号 · ☎ 0744-8210150（门诊预约，古庸路）；0744-8288518（门诊预约，新院）；0744-8287697（总值班）.
  ✓ Checked Wed, Oct 7, 2026

WHERE I'M STAYING

Good areas: Wulingyuan (park gate) 武陵源（标志门） (50 min to Zhangjiajie West Railway Station 张家界西站) · Downtown (Yongding, Tianmen area) 市区（大庸桥片区） (15 min to Zhangjiajie West Railway Station 张家界西站)

Hotel name

Address in Chinese

Golden Whip Stream Day 8

A quiet walk beneath Zhangjiajie's sandstone pillars

Give it: half a day About 45 min by bus from Wulingyuan (park gate) (an estimate)

HOURS	times not stated by the venue		
✓ Checked Wed, Oct 7, 2026 · source			
CLOSED	None — open every day	TICKET	¥165
✓ Checked Wed, Oct 7, 2026 · source			

> *A morning sequence that works: the Huangshizhai cable-car loop first then down to the stream for the flat afternoon walk*

> *The stream path doubles as the on-foot approach to Yuanjiajie's stairs at Luanchuanpo*

Show the driver · Golden Whip Stream

金鞭溪

Ten-Mile Gallery

A valley walk past named rock peaks

Give it: 1–2 hours

HOURS	times not stated by the venue		
✓ Checked Wed, Oct 7, 2026 · source			
CLOSED	None — open every day	TICKET	¥165
✓ Checked Wed, Oct 7, 2026 · source			

Show the driver · Ten-Mile Gallery

十里画廊

Tianmen Mountain Day 9

A high plateau reached by a very long cable car

Give it: half a day

HOURS	times not stated by the venue		
✓ Checked Wed, Oct 7, 2026 · source			
CLOSED	None — open every day	BOOKING	Required ahead — real-name, with your passport
✓ Checked Wed, Oct 7, 2026 · source			

> *Book the first cable car slot around 7:30 — by mid-morning in peak season the queue can pass two hours*

> *Route B flips the plan — bus up the 99 bends cable car down — and the downhill cable queue runs shorter*

Show the driver · Tianmen Mountain

天门山

Yuanjiajie Day 10

Sandstone pillars above the clouds

Give it: a full day

HOURS	times not stated by the venue		
✓ Checked Wed, Oct 7, 2026 · source			
CLOSED	None — open every day	TICKET	¥165
✓ Checked Wed, Oct 7, 2026 · source			

Show the driver · Yuanjiajie

袁家界

WHAT I'M GOING TO EAT

三下锅

Three-down dry pot

A dry pot of three chosen ingredients, classically pork belly, intestine and walnut

Usually contains: pork, offal, tree nuts, soy, wheat (flour, wheat gluten) (a guide — always show your allergy card)

> 您好，两位用三下锅，麻烦您帮我们配菜。

Three-down dry pot for two; could you suggest the three fillings. Thank you.

湘西腊肉

Xiangxi smoked cured pork

Pork smoked for months over the farmhouse fire, sliced and stir-fried

Usually contains: pork (a guide — always show your allergy card)

> 您好，一份腊肉，麻烦您蒸软一些。

One cured pork, steamed soft, please. Thank you.

岩耳炖土鸡

Rock-ear chicken soup

Free-range chicken soup with rock-ear fungus from the sandstone cliffs

Usually contains: broth (a guide — always show your allergy card)

> 您好，一份岩耳炖鸡，麻烦您了。

One chicken soup with rock-ear fungus, please. Thank you.

- A three-down dry pot feeds two easily; even a small pot arrives loaded, so order one pot fewer than you think.
- Mountain-area restaurants price fish and meat by weight; check the scale before ordering.

Point at the big Chinese — it is the name on the menu. To order, show the sentence under it.

Also here: Zhangjiajie National Forest Park · Zhangjiajie · Wulingyuan · Zhangjiajie Grand Canyon Glass Bridge



4

Changsha 长沙

Yuelu Mountain, Mao's early sites and Hunan food

2 days here · 🚄 from Zhangjiajie: about 4h12 (an estimate)

Where I'm going in Changsha (3 cards) · Help in Chinese · Emergency

- Zhangjiajie → Changsha: about 4h12 door to door by train (usually Zhangjiajie West Railway Station 张家界西站 → Changsha South Railway Station 长沙南站); about 50 min of that is by road to and from the stations — worked out over the rail network.
  an estimate
- Huaminglou Town is about 1h06 from Changsha centre (39 km).
  an estimate
- Changsha: The Third Xiangya Hospital of Central South University — 中南大学湘雅三医院, 湖南省长沙市河西岳麓区桐梓坡路138号 · ☎ 0731-88618576；0731-88618577（预约挂号）；0731-88618120（急救）.
  ✓ Checked Wed, Oct 7, 2026

WHERE I'M STAYING

Good areas: Wuyi Square–Taiping Street 五一广场—太平街 (18 min to Changsha South Railway Station 长沙南站) · Orange Isle–Hunan University 橘子洲—湖南大学 (28 min to Changsha South Railway Station 长沙南站)

Hotel name

Address in Chinese

WHAT I'M GOING TO SEE



Huaminglou Town

Hunan town tied to a modern political figure

Give it: half a day

HOURS	not checked yet
CLOSED	Mondays
TICKET	Free

Not yet checked

> *Ride buses 312/314 to the West Station, then the tourist buses out to Huaminglou*

Show the driver · Huaminglou Town

花明楼镇



Mawangdui Day 12

Han dynasty tombs and a preserved lady

Give it: 1–2 hours

HOURS	09:00–17:00 · last entry 16:00
✓ Checked Wed, Oct 7, 2026 · source	
CLOSED	Mondays
BOOKING	Required — opens 5 days ahead, real-name
TICKET	Free
✓ Checked Wed, Oct 7, 2026 · source	
FOREIGN PASSPORT	Yes, with a passport
✓ Checked Wed, Oct 7, 2026 · source	

> *The tomb site itself costs 2 yuan and holds no artifacts — it is a grassy detour, not the museum*

Show the driver · Mawangdui

马王堆汉墓



Yuelu Mountain

Wooded hill above the Xiang River

Give it: half a day

HOURS	times not stated by the venue
✓ Checked Wed, Oct 7, 2026 · source	
CLOSED	None — open every day
BOOKING	Required — opens 3 days ahead, real-name
TICKET	Free
✓ Checked Wed, Oct 7, 2026 · source	

> *Orange Isle is free but long — it is 3.3 km from metro to the young-Mao head, so take the 20-yuan sightseeing bus unless you want the run*

> *Yuelu Academy (40 yuan, founded 976) sits at the foot inside the Hunan University grounds — walk the campus path down to the river*

Show the driver · Yuelu Mountain

岳麓山

WHAT I'M GOING TO EAT

口味虾

Changsha spicy crayfish

Crayfish stewed in chilli and perilla; gloves on, sleeves up

Usually contains: shellfish: shrimp, crab, clams, oysters, shrimp and crab, soy (a guide — always show your allergy card)

> 您好，两斤口味虾，中辣，麻烦您了。

Two jin of spicy crayfish, medium heat, please. Thank you.

臭豆腐

Changsha stinky tofu

Black fermented tofu fried crisp, punched open and filled with chilli sauce

Usually contains: soy, wheat (flour, wheat gluten) (a guide — always show your allergy card)

Known for it: Huo Gong Dian (Fire Palace) 火宫殿

> 您好，两份臭豆腐，麻烦您多放汤汁。

Two stinky tofu, extra broth on top, please. Thank you.



长沙米粉

Changsha rice noodles

Flat white rice noodles in a clear pork-bone broth; locals order by topping code and finish breakfast before ten.

Usually contains: pork, broth, soy, wheat (flour, wheat gluten)
(a guide — always show your allergy card)

> 您好，一碗米粉，肉丝码，麻烦您了。
> One rice noodle with shredded-pork topping, please. Thank you.

- Spicy crayfish is sold by weight: watch the scale and agree the price per jin (500 g) before the wok goes on.
- Long queues around the old snack street are often organised; a short line of locals usually beats a long line of visitors.

Point at the big Chinese — it is the name on the menu. To order, show the sentence under it.

APPENDIX

The plan, roughly

A sketch, not a schedule — it follows the order and the days above.

Day 1–4	Chengdu
Day 5–7	Chongqing travel day: about 1h02 by fast train (an estimate)
Day 8–10	Zhangjiajie travel day: about 2h06 by fast train (an estimate)
Day 11–12	Changsha travel day: about 4h12 by fast train (an estimate)
✈	Fly home from Changsha

When something goes wrong

IN AN EMERGENCY

- **110** Police
- **120** Ambulance
- **119** Fire
- **122** Traffic accident
- **12345** City service hotline
- **12367** Immigration service
- **12328** Transport hotline

A hospital at each stop

- Chengdu: West China Hospital, Sichuan University - International Medical Center (International Hospital of Sichuan Province) — 四川大学华西医院（国际医疗中心 / 四川国际医院）, 成都市武侯区国学巷37号（主院区） · international department · English spoken · ☎ +86-28-85422408；+86-28-85586698（国际医疗中心预约）；028-85422114（医院总机）.
  ✓ Checked Wed, Oct 7, 2026
- Chengdu: Sichuan Provincial People's Hospital - International Medical Department — 四川省人民医院（国际医疗部·特需）, 四川省成都市青羊区一环路西二段32号 · international department · ☎ 028-87393999（总机）；028-87393928（患者咨询，工作日）.
  ✓ Checked Wed, Oct 7, 2026
- Chongqing: The First Affiliated Hospital of Chongqing Medical University, International Medical Center (Jinshan Campus) — 重庆医科大学附属第一医院（金山院区国际医疗中心）, 重庆市两江新区金渝大道50号（综合病房楼17–18层） · international department · English spoken · ☎ 023-88955818（国际医疗中心）；+86 18623389261（English）；023-65659393（金山院区）.
  ✓ Checked Wed, Oct 7, 2026
- Zhangjiajie: Zhangjiajie People's Hospital — 张家界市人民医院, 张家界市永定区古庸路192号 · ☎ 0744-8210150（门诊预约，古庸路）；0744-8288518（门诊预约，新院）；0744-8287697（总值班）.
  ✓ Checked Wed, Oct 7, 2026
- Changsha: The Third Xiangya Hospital of Central South University — 中南大学湘雅三医院, 湖南省长沙市河西岳麓区桐梓坡路138号 · ☎ 0731-88618576；0731-88618577（预约挂号）；0731-88618120（急救）.
  ✓ Checked Wed, Oct 7, 2026

IF SOMETHING GOES WRONG

When a phone payment fails

- If WeChat Pay says your payments are restricted, it usually means real-name verification is not finished yet; once you complete it, the account is unfrozen and you can pay again.
  1. Tap the notice on the payment screen and add your passport details, full name exactly as printed, phone, address and occupation
  2. Upload a photo of your passport page and a clear photo of your face
  3. Pay with your physical card or cash while you wait

  If that doesn't work Pay with the physical card at a card terminal or with RMB cash - shops that take payment face to face must accept cash.

  ✓ Checked Wed, Oct 7, 2026 · source
- To link a foreign card to WeChat Pay, your name and ID number must match the ones your bank account was opened with, the country must match the one on your ID, and your bank texts a code to the phone number it has on file.
  1. Check the name is entered exactly as on your bank account, including spaces and punctuation
  2. Make sure the phone number registered with your bank can receive texts in China
  3. If the wallet still declines the card, try a second card or pay by card at the till

  If that doesn't work Pay with the physical card at a card terminal, or with cash; Bank of China ATMs take Visa, Mastercard, UnionPay, JCB and Amex for RMB.

  ✓ Checked Wed, Oct 7, 2026 · source

- A foreign card in WeChat Pay works for everyday purchases in mainland China but not for red packets or money transfers. Payments of 200 RMB or less carry no fee; above 200 RMB the fee is 3%.
  1. Use the wallet for shop and taxi QR payments
  2. For anything above 200 RMB, a card at the till or cash avoids the 3% fee
  3. Ask friends to settle shared bills with you in cash rather than by transfer

  If that doesn't work Cash or a physical card at a card terminal.

  ✓ Checked Wed, Oct 7, 2026 · source
- By rule in force since 1 February 2026, businesses that take payment in person must accept RMB cash and keep reasonable change; self-service setups must post a way to pay in cash.
  1. Offer RMB notes
  2. If refused, point out that cash is legal tender
  3. Keep a receipt or photo; you can report it to the local People's Bank of China branch

  If that doesn't work Pay another way, keep the evidence, and report the refusal to the local People's Bank of China branch.

  ✓ Checked Wed, Oct 7, 2026 · source
- Large shopping areas, scenic areas, museums, hotels, transport hubs and hospitals above a set size must be equipped to take mobile payment, bank cards and cash.
  1. At these places, ask to pay by card (look for the Visa, Mastercard or UnionPay signs) if the wallet fails
  2. Or pay in cash

  If that doesn't work Withdraw RMB at a Bank of China ATM and pay in cash.

  ✓ Checked Wed, Oct 7, 2026 · source
- Foreign Visa, Mastercard, UnionPay, JCB and Amex cards can withdraw RMB at any networked Bank of China ATM, 24 hours a day; which transactions work depends on your card issuer.
  1. Look for the card-network logos on the ATM
  2. Withdraw RMB
  3. If the machine keeps your card, keep the slip it prints and call Bank of China on 95566

  If that doesn't work Exchange foreign cash at a Bank of China branch with your passport.

  ✓ Checked Wed, Oct 7, 2026 · source
- Bank of China branches exchange 38 foreign currencies into RMB; small amounts need only your passport, no account. Authorised exchange desks at hotels and airports take up to 10,000 RMB per person per day.
  1. Bring your passport and foreign banknotes to a Bank of China branch or an airport or hotel exchange desk
  2. Ask for some small notes for taxis and stalls

  If that doesn't work Use a currency exchange machine at the airport or a Bank of China ATM with your card.

  ✓ Checked Wed, Oct 7, 2026 · source
- Bank of China accepts UnionPay, Visa, Mastercard, American Express, JCB and Diners cards at its card terminals, by tap, chip or swipe, where the acceptance sign is shown.
  1. Bring two cards on different networks and keep one apart from your phone
  2. At places showing the card signs, pay by tap or chip if the wallet fails

  If that doesn't work Cash from a Bank of China ATM.

  ✓ Checked Wed, Oct 7, 2026 · source

When a hotel won't take a foreign guest

- Any hotel in China registers foreign guests itself at check-in and reports it to the local police; you just show your passport.
  1. Show your passport at the front desk
  2. The hotel completes the registration

  If that doesn't work If the desk is unsure how to register you, call the immigration hotline 12367 (Chinese and English, 24 hours) for guidance.

  ✓ Checked Wed, Oct 7, 2026 · source
- Local authorities and booking platforms should not use licence or other qualification requirements to stop hotels from taking foreign guests, and neither platforms nor hotels should post notices that they do not take foreign guests.
  1. Book through a platform; a listing closed to foreign guests goes against the 2024 national notice
  2. If a desk says it lacks a licence for foreign guests, mention that the notice says licence requirements should not keep foreign guests out, and ask them to register you

  If that doesn't work Book another hotel nearby and report the refusal to 12367.

  ✓ Checked Wed, Oct 7, 2026 · source
- The immigration hotline 12367 answers in Chinese and English, 24 hours a day, and takes policy questions, enquiries and complaints, including about hotel stays.
  1. From a phone in China, dial 12367 and ask for English
  2. Say which hotel refused you and where
  3. Meanwhile book another hotel nearby

  If that doesn't work Book another hotel nearby.

  ✓ Checked Wed, Oct 7, 2026 · source
- Staying in a private home or rental rather than a hotel, you or your host must register with the local police within 24 hours of arrival; since 21 September 2026 this can be done online anywhere in China.
  1. Ask your host to register you in the NIA 12367 app, WeChat or Alipay mini program, or the NIA website - the first time, the host does it
  2. Or go together to the local police station
  3. Keep the registration record in the app

  If that doesn't work Call 12367 for help, or visit the local police station or exit-entry office.

  ✓ Checked Wed, Oct 7, 2026 · source

Taxis, and when none comes

- Licensed taxis must run the meter and offer a printed receipt; national rules let you decline to pay if the driver will not use the meter or will not give a receipt.
  1. Check the meter is running as you set off
  2. At the end pay what the meter shows, plus any road toll
  3. Ask for the printed receipt and keep it until you have checked you left nothing in the car

  If that doesn't work If a driver names a fixed price before you leave, step out and take the next taxi or book a ride in the DiDi app

  ✓ Checked Wed, Oct 7, 2026 · source
- Drivers may not refuse a ride once they know where you are going, haggle over the price, or take a detour; the route should be a reasonable one to the address you give.
  1. Show the destination written in Chinese
  2. If the driver quotes a price instead of using the meter, say 'da biao' (use the meter) or take the next taxi

  If that doesn't work Note the plate number and report it on 12328, the transport service line

  ✓ Checked Wed, Oct 7, 2026 · source
- At airports, railway stations, coach stations and ports, taxis queue at a marked rank and follow a dispatcher; drivers are not allowed to pick up outside the designated area.
  1. Follow the Taxi signs to the rank
  2. Join the queue and take the car the dispatcher sends
  3. Say no to anyone who offers a car inside the hall or at the exit

  If that doesn't work If the queue is long, use the metro, airport bus or the ride-hailing pick-up area the airport signposts

  ✓ Checked Wed, Oct 7, 2026 · source
- A licensed taxi has a roof light reading 'TAXI' in Chinese and English, a sign showing whether it is free, and its fares, passenger notice, company name and complaint number posted inside.
  1. Wave down a taxi whose sign shows it is free (空车)
  2. Before you get in, check the roof light and the fare card on the window

  If that doesn't work If no taxi stops, book one in the DiDi app, which also dispatches street taxis

  ✓ Checked Wed, Oct 7, 2026 · source
- 12328 is the transport service and complaints line; city transport bureaus point passengers to it for taxis that will not use the meter, overcharge, haggle or refuse a ride.
  1. Keep the receipt or note the plate number, time and route
  2. Call 12328, or ask your hotel's front desk to call for you

  If that doesn't work The taxi company's name and service number are posted inside the car; note them with the plate number and call that number

  ✓ Checked Wed, Oct 7, 2026 · source
- For a ride to a remote area, or out of the city at night, a driver may ask you to come with them to register at the nearest relevant office, and may decline the trip if you do not.
  1. For a late or out-of-town trip, book through the DiDi app or ask your hotel to arrange the car
  2. Carry your passport

  If that doesn't work If no driver will take the trip, ask your hotel's front desk to book a car for you, or stay the night and travel in the morning

  ✓ Checked Wed, Oct 7, 2026 · source
- DiDi China, DiDi's app for the Chinese mainland, has an English version: you can register with your own mobile number, message drivers with English-Chinese translation, choose payment options that include international bank cards, and reach English customer service in the app around the clock.
  1. Install DiDi China before you fly and register with your own mobile number
  2. Add a payment method in the app; the options include international bank cards
  3. To book, enter the destination and wait at the pick-up point the app shows

  If that doesn't work If DiDi will not take your card, a taxi from the rank or the street takes cash

  ✓ Checked Wed, Oct 7, 2026 · source

Help in Chinese: cards to show

您好，这是一位外国游客的中国行程册。

WHAT TO SHOW

Checking in at a hotel or guesthouse

Your phone payment will not go through at a shop or stall

You need someone to make one short call for you

At a train or metro gate with a passport, not a Chinese ID

Where I'm going in Chengdu (8 cards)

Where I'm going in Chongqing (8 cards)

Where I'm going in Zhangjiajie (4 cards)

Where I'm going in Changsha (3 cards)

Emergency

Checking in at a hotel or guesthouse

酒店入住

您好，我有预订，姓名是 _____。这是我的护照。麻烦您帮我办理住宿登记，谢谢！
your name

Your phone payment will not go through at a shop or stall

可以用现金吗

您好，我的手机付不了钱，可以用现金吗？或者能麻烦您用自己的手机代我付，我把现金给您吗？谢谢！

You need someone to make one short call for you

请帮我打个电话

您好，能麻烦您帮我打个电话吗？号码是 _____，就说：_____。太感谢了！
phone number　what to say

At a train or metro gate with a passport, not a Chinese ID

人工通道

您好，我用护照买的车票，闸机刷不了。麻烦您带我走人工通道检票。谢谢！

Emergency numbers in China

110	Police	Danger to you or others, or a crime in progress
120	Ambulance	Medical emergency
119	Fire	Fire
122	Traffic accident	Road accident
12345	City service hotline	Public services and complaints including tourism
12367	Immigration service	Visa and entry-stay questions; English spoken
12328	Transport hotline	Taxi or ride-hail dispute or overcharging

这是这位游客在 chinamapbook.com 做的行程册。感谢您的帮助！

Point to where you want to go

Each card asks, in Chinese, for directions or a ride to that one place. Find the one you need and point to it.

CHENGDU 成都

← Chengdu

Sight · People's Park teahouse

您好，我是外国游客，我想去

人民公园

您能帮我叫辆车或者指一下路吗？谢谢！

Sight · Kuanzhai Alley

您好，我是外国游客，我想去

宽窄巷子

您能帮我叫辆车或者指一下路吗？谢谢！

Sight · Chengdu Research Base of Giant Panda Breeding

您好，我是外国游客，我想去

成都大熊猫繁育研究基地

您能帮我叫辆车或者指一下路吗？谢谢！

Sight · Dujiangyan

您好，我是外国游客，我想去

都江堰

您能帮我叫辆车或者指一下路吗？谢谢！

Sight · Qingcheng front mountain gate

您好，我是外国游客，我想去

青城前山

您能帮我叫辆车或者指一下路吗？谢谢！

Sight · Chengdu Museum

您好，我是外国游客，我想去

成都博物馆

您能帮我叫辆车或者指一下路吗？谢谢！

Sight · Du Fu Thatched Cottage

您好，我是外国游客，我想去

杜甫草堂

您能帮我叫辆车或者指一下路吗？谢谢！

Sight · Temple of Marquis Wu

您好，我是外国游客，我想去

武侯祠

您能帮我叫辆车或者指一下路吗？谢谢！

CHONGQING 重庆

← Chongqing

Sight · Great Hall of the People (Chongqing)

您好，我是外国游客，我想去

重庆人民大礼堂

您能帮我叫辆车或者指一下路吗？谢谢！

Sight · Yangtze cable car

您好，我是外国游客，我想去

长江索道

您能帮我叫辆车或者指一下路吗？谢谢！

Sight · Liziba monorail

您好，我是外国游客，我想去

李子坝

您能帮我叫辆车或者指一下路吗？谢谢！

Sight · Hongyadong

您好，我是外国游客，我想去

洪崖洞

您能帮我叫辆车或者指一下路吗？谢谢！

Sight · People's Liberation Monument

您好，我是外国游客，我想去

抗战胜利纪功碑暨人民解放纪念碑

您能帮我叫辆车或者指一下路吗？谢谢！

Sight · Huguang Huiguan

您好，我是外国游客，我想去

湖广会馆

您能帮我叫辆车或者指一下路吗？谢谢！

Sight · Ciqikou old town

您好，我是外国游客，我想去

磁器口

您能帮我叫辆车或者指一下路吗？谢谢！

Sight · Three Gorges Museum

您好，我是外国游客，我想去

重庆中国三峡博物馆

您能帮我叫辆车或者指一下路吗？谢谢！

ZHANGJIAJIE 张家界

← Zhangjiajie

Sight · Golden Whip Stream

您好，我是外国游客，我想去

金鞭溪

您能帮我叫辆车或者指一下路吗？谢谢！

Sight · Ten-Mile Gallery

您好，我是外国游客，我想去

十里画廊

您能帮我叫辆车或者指一下路吗？谢谢！

Sight · Tianmen Mountain

您好，我是外国游客，我想去

天门山

您能帮我叫辆车或者指一下路吗？谢谢！

Sight · Yuanjiajie

您好，我是外国游客，我想去

袁家界

您能帮我叫辆车或者指一下路吗？谢谢！

CHANGSHA 长沙

← Changsha

Sight · Huaminglou Town

您好，我是外国游客，我想去

花明楼镇

您能帮我叫辆车或者指一下路吗？谢谢！

Sight · Mawangdui

您好，我是外国游客，我想去

马王堆汉墓

您能帮我叫辆车或者指一下路吗？谢谢！

Sight · Yuelu Mountain

您好，我是外国游客，我想去

岳麓山

您能帮我叫辆车或者指一下路吗？谢谢！

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