

CHINA ULTRA 100 – PU'ER , YUNNAN, CHINA



Race Weekend: 18-19 February 2017

OPTIONAL SIGHTSEEING TRIPS

By Citymaster

Citymaster 是一个连接外国游客和本地特色生活体验的入境游服务平台, 为来中国旅行的国外游客提供茶道、美食、书画、功夫、非遗手艺、当地历史名胜、户外特色体验等, 同时也为客户提供随行翻译、当地向导和包车/接送机等服务。

为了丰富参赛选手的体验, 至远体育决定联合 Citymaster, 向参赛者提供更多赛后休闲的可能性, 帮助参赛者在运动的同时, 更加能融入本地的生活体验中去, 像本地人一样体验云南之美。

Citymaster connects travelers to various fun activities across the city, like locals can lead foreign travelers to their home and teach how to cook a meal and have a bite of china together or taste the local restaurants and street food, or to learn a new skill of a different culture in merely 3-8 hours. Long term, this unique experience will equip both travelers and travel mates with cross-cultural knowledge, skills, and mindset overall achieving a win-win situation. Whether you are a business man who doesn't have time to create a travel plan or just someone who wants to experience the Chinese local lifestyle, Citymaster should definitely be your first choice!

OPTION NO.1

来我和开启一段咖啡之旅吧

Have a coffee journey with me

达人简介 About the local guide



我叫李东，家在普洱，以咖啡为生，欢迎你来和我开启一段咖啡之旅。无论任何季节，我都能带你玩转普洱，体验咖啡文化。我喜欢背上背包，一个人行走在群山之巅。感受自然的呼吸，融入那个养育了自己的水土。好的咖啡亦如好的茶叶一样需要好的自然生态环境去酝酿，才能有好的咖啡鲜果品质。并通过自己的对咖啡精细加工让咖啡本身的最大优点得以更好的显现，然后把这么美味的咖啡与更多喜欢咖啡的人分享。把属于我们普洱味道的咖啡让更多的人知道。热爱咖啡，热爱生活。分享快乐，做个快乐的自己。

My name is Li Dong, Pu er is my hometown, I live for selling coffee beans, welcome to join a trip to know coffee deeply with me. Whenever which season, I can bring you all the fun throughout pu er and experience local coffee culture. I like bring my bag and on the top of mount alone, feel the breath of natural, blend myself inside the soil and water where nursed me. Really great coffee need a good environment to brew

them, on the other hand, treat them carefully and the rich flavor can be sensitized by café lover. I love coffee just I like my life and share my happiness with others.

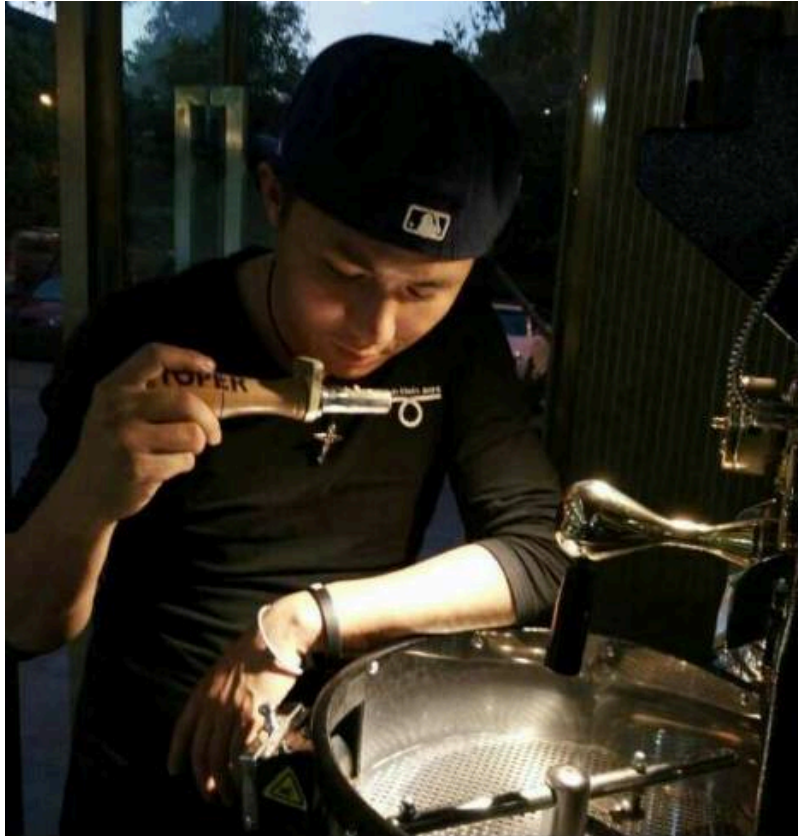


活动体验 What to expect?

10月中旬咖啡成熟，我自己需要到各个山头去观察当年的咖啡鲜果质量、产量，以及品种的进化情况。来年的2月末咖啡鲜果采摘结束。之后呐，会有一个月的咖啡花期。喜欢摄影的朋友们也是个不错的选择。至于吃的嘛，在普洱绝对有吃的。就9县的特色食品就多多的啦，更何况我们还有好多当地的特色农家乐。走到哪里吃到哪里。

Coffee cherries ripen at middle of October, at that time, I need to visit each summit and check the quantity and quality, and we will pick the ripen coffee cherries at end of

February. After we picked up the cherries, there will be flower period, it will be a good time for photography to take photo shoot. Talking to food, there are plenty of special food for you can eat, moreover, we have lots of local meal at some farm as well.



地点：普洱市 距比赛地点 33 公里，驾车约半小时

Address: Pu er city 33KM away from marathon point, half hour for driving.

价格：200 元一天

Price: 200rmb/day

备注 Note:

跟着我咖啡随便喝，教你识别咖啡，煮咖啡。（食宿自理）

Will teach you identify the type of coffee, make coffee and you can drink coffee as much as you want. Not include food and accommodation.

OPTION NO.2

北回归线上的碧溪古镇

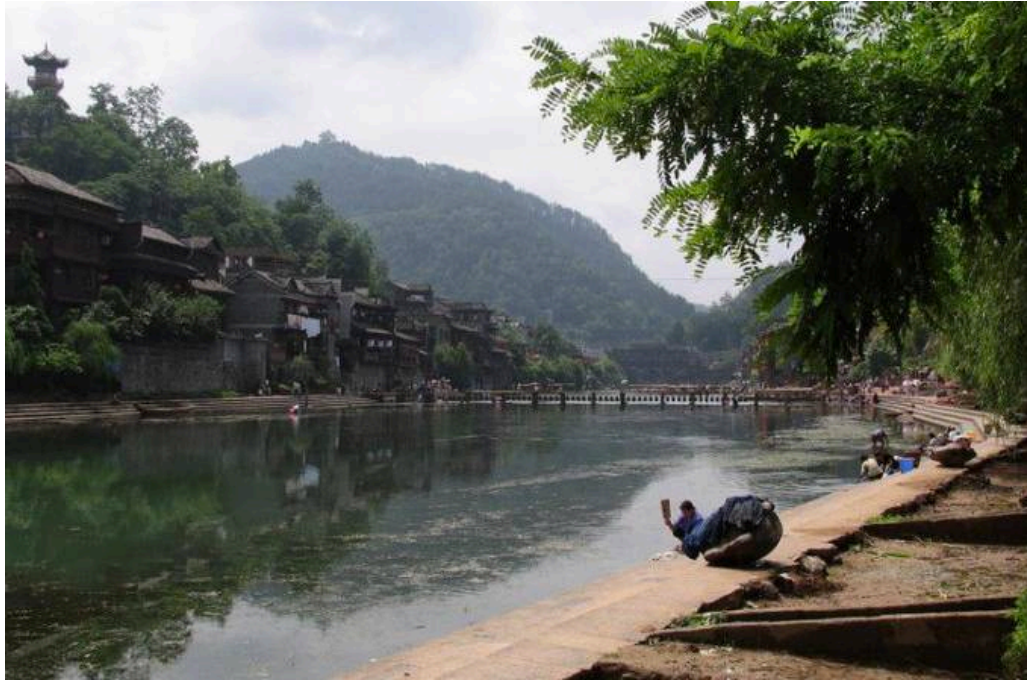
A hidden village crossed by Tropic of Cancer



达人简介 About local guide

我是青葱阶阶，是开朗活泼的哈尼族女孩，标准的吃货一枚。进入社会工作后，越来越不喜欢速食旅游，静下来的时候只想细细感受曼妙的风景，慢慢的去亲近自然和山里浓浓的人情味。经常去走最深的巷子，去尝独特的美食。像这么爱玩的我，也希望全国个人的人到我的家乡去看看。

I am a cheerful and lively Hani ethnic minority girl, my name is Qing cong jie jie, I'm also a foodie. After I graduated and walk into society, I don't like fast food style travel, I like calm down my self and feeling wonderful view with my heart deeply, close to natural and other people. Some times, I'm willing to walk into the lane which is the deepest and taste special local food. I also want people form the other place can visit my home town, feeling the difference like a local.



活动体验 What to expect?

很多人知道我的家乡，是因为北回归线穿越而过。北回归线把县城及全县国土面积的一半留在南面，一半留在北面，这在北回归线所穿过的国家和地区非常罕见的，所以很多人也为此而来看看。但我最推荐的是的我们的碧溪古镇，古镇始建于明代，是茶马古道上的一个重要驿站，秀美、古朴、富庶，形制完整，保存完好，是古代墨江县城所在地，位列云南 60 个旅游小镇之一。但很多云南人都不知道碧溪古镇的存在，所以我希望大家都来我的家乡看看。

Because my home town is crossed by Tropic of Cancer, lots of people knows her.

This unique line leaves our village one side in north of China, one side in east of China, this phenomenon is uncommon, so, lots of travelers come and visit here. Now, I will highly recommend Bi Xi ancient town, it has been built in Ming Dynasty, also an important post at “Horse and Tea Trade Route”, the land view is graceful, people here are simple, but there still lots of people don’t know this ancient town, so I want show you this beautiful place.



地点：普洱市墨江县 距比赛地点 185 公里，驾车约 3 小时

Address: Mo Jiang village, Pu er city 185KM from Marathon point, 3 hours for driving

价格：300 元一天

price: 300rmb/day

备注 Note:

跟着我吃住。

Include meal and accommodation

OPTION No. 3

和基诺族小伙去热带雨林深处的村寨

Explore the depths of the tropical rain forest with Ji Nuo ethnic



达人简介 About local

我叫周平，家乡在基诺山，是2万基诺人中的一员。目前在景洪市工作，但基本每天往返在基诺山和景洪市的路上，欢迎远方的客人来我家做客。我不是专业的导游，所以很多详细的知识可能不能像大家介绍，但只要在基诺山，我都可以带着你们去玩，很多有趣的活动都愿意带你们在我的家乡体验。

My name is Zhou ping, Ji Nuo mountain is my home town, I'm also one of 20 thousand Nuo Ji ethnic minority. I work in Jing Hong city, but I will take a roundtrip between this two city everyday. I am not a professional tour guide, so, I may not know the attraction point that well, but as long as you live in Nuo Ji mountain, I can tell you different way to explore here, and welcome to visit my home and be my guest.



活动体验 What to expect?

我会带着远方的客人先在我们的村子里转，哪家有故事哪里有好吃的哪家有好玩的的我都知道。我们可以尝特色饭菜，可以亲自参与制作。还有到了采茶季，可以跟着我的家人到山里采茶。

I will show you around in our village, I know everyone in the village, what happened in each family, where can we find delicious food, where to find interested thing to do`` We can taste local food, or you can even make a meal yourself here. When the tea period, you can also follow our family folks, climb the mountain and pick some tea leaf.



地点：西双版纳景洪 距离比赛地点 104 公里，驾车约 2 小时

Address: Jing Hong district, XiShuangBanNa city 104Km form marathon point, 2 hours for driving

价格：400 元每人每天（包吃住）

price:400rmb/day, include food and accommodation

备注 Note:

我家由于不是专门接待游客的地方，所以每次来都不能超过5个人，最少2个人。

只要客人不介意，可以跟我们一起体验基诺族的平民生活。

My home can accept 2-5 people every time.

OPTION No. 4

艺术家带你体验他的私人民族博物馆

Visit private folk-custom museum with local artist



达人简介 About local

我叫阿卡然说三，我有一个梦想，有一天我们的民族都骄傲的说自己的母语，穿自己的美丽的衣服，唱祖先传承下来的古老优美的歌，在宁静的村庄里安居乐业妇女们染织、刺绣，男人们编制并做各种农活，孩子们的笑脸就像盛开着的玫瑰花美丽芬芳，全族人都其乐融融地生活在世界最美丽的森林里，他们不羡慕外面的世界，他们也不嫉妒不排斥温暖并感恩，那里物质丰美精神富有，古老优秀的民族文化是她们坚实的依靠，他们都如百年老树根一样，把自己的民族文化深深的扎根泥土并开花结果从心的最深处！

My name is Aka Ran Shuo San, I dream about our nation speaking our mother tongue with pride, that we will wear our national costume, sing songs which our ancestors taught us, we will start appreciating the quiet and peaceful villages, women, who show so much skill and talent with embroidery and sewing, the men, who are so good

at farm work and the children, whose smiling faces are like blooming roses, beautiful and fragrant. I want all people to be living happily closer to nature, so that we won't envy the outside world, and rather cherish our culture.



活动体验 What to expect?

去年开始我就筹划并努力实施一件事情，在我们村建“杪楞谷.滇纡草”的木楼，作为哈尼族文化传习所，亦可以接待学习哈尼族传统文化的各国友人、学校的学生和学习研究哈尼族文化的全国各地学者，平时叫村里老人传授民歌编织刺绣染织等传统手工艺给年轻人，还可以经营森林里的木楼客栈，村民划了一条河谷给我，有森林有溪水有植物多样性群落，用传统文化带动那里的经济。现在我做的民族博物馆已建成，欢迎全世界的友人来到我的家乡体验，体验我们哈尼族的生活。

Last year I have planned and worked on building a wooden house called “Sha Luo Vally, Dian Hang Grass”, it’s a place for Hani’s people to learn traditional culture, also a place which can accept foreign travelers to learn Hani’s culture, we will let elders in village teach folk embroidery, weaving, dyeing and other traditional crafts to young people, and we designed this wooden house to also be an inn. We can boost local economy by bringding more attention to the traditional culture. My private national museum is already finished by now, you’re welcome to be our guest and experience the local culture.



地点：云南省西双版纳州勐海县勐混镇 距离比赛地点 172 公里，驾车约 3 小时

Address: meng hun village, Meng hai town, XiShuangBanNa city (172Km from
marathon point, driving for 3 hours)

价格:400 元一个人（提供 2 餐一宿）

Price:400 rmb/people

备注 Note:

Includes 2 meals and one night accommodation

OPTION No. 5

品普洱茶文化,畅游勐海古茶山

Taste Puer tea and walk through an ancient tea mountain



达人简介 About local

我叫玉安，女，布朗族，是一位热爱唱歌、热爱生活、喜欢交朋友的人民教师。我从小生长在这片美丽的土地上，熟悉这里的人文地理，民俗风情。我喜欢民族文化，喜欢喝普洱茶，喜欢青山绿水、碧海蓝天，远方的客人，请你留下来，我真诚的希望能携手带你一起走进西双版纳，一同领略当地少数民族的风土人情、人文地理、雨林风光，与你共同分享最美好的时光。

My name is Yu'an, I'm a girl of the Blang nationality who likes to sing, enjoy life and make new friends. I was born here and am very familiar with the local lifestyle and folk customs. I like the national culture, to drink tea, to glaze at green water and blue skies. I sincerely hope that we can appreciate the local customs and forest scenery together, as well as have an amazing time!



活动体验 What to expect?

勐海县是闻名中外的“普洱茶”的故乡和中国产茶最早之地，有着 1700 年前的野生“茶树王”以及星罗棋布的古茶树群。

走进勐海古茶山南糯山，密密的哈尼族村寨紧紧相连，空气中弥漫着浓浓的普洱茶香。穿梭在林间的小路上，你会发现身上凉滋滋的，清澈的山泉咚咚响，欢乐的鸟儿把歌唱，不远处还会传来采茶姑娘的动人歌声，在这里没有束缚，没有压力，你可以像百灵鸟一样自由歌唱。

我会带你们走进村寨，看民间手艺人制作竹筴等，走进当地人家去看看哈尼族人民的生活。

Meng Hai county is famous for being the origin of Puer tea, as around 1700 years ago people found the "tea king" tree growing in the wild in this area.

We are going to hike the Menghai ancient tea mountain — Nan Nuo Mountain, which is close to densely-populated Hani villages, the air filled with thick Puer tea aroma.

Walking through the forest, you will feel the chill of the air, listen to the babbling of the mountain spring, birds singing, there is no stress, no pressure. I will take you into the village to see a local man handcrafting bamboo baskets and watch the Hani people's daily routines.



地点：西双版纳景洪（距离比赛地点 104 公里，驾车约 2 小时）

Address: Jing Hong city, XiShuangBanNa 104Km from marathon point, 2 hours drive

价格: 400 元一天，非国家法定节假日消费标准。600 元一天，属国家法定节假日消费标准。

Price: 600 rmb/day for national statutory holidays, 400rmb/day for weekend.

备注 Note:

含午餐，不包车费和住宿费，每周六的早上 9 点见，每次不少于 2 人，

Includes one lunch, not including transfer, meet up at 9 am, at least 2 people each time.

OPTION No. 6

游玩中缅边境到神秘山寨探访长颈族

Visit border villages and see the mysterious tribe of “long-necks”



达人简介 About local guide

我叫玉安，女，布朗族，是一位热爱唱歌、热爱生活、喜欢交朋友的人民教师。

我从小生长在这片美丽的土地上，熟悉这里的人文地理，民俗风情。我喜欢民族

文化，喜欢喝普洱茶，喜欢青山绿水、碧海蓝天，远方的客人，请你留下来，我真诚的希望能携手带你一起走进西双版纳，一同领略当地少数民族的风土人情、人文地理、雨林风光，与你共同分享最美好的时光。

My name is Yu'an, I'm a girl of the Blang nationality who likes to sing, enjoy life and make new friends. I was born here and am very familiar with the local lifestyle and folk customs. I like the national culture, to drink tea, to glaze at green water and blue skies. I sincerely hope that we can appreciate the local customs and forest scenery together, as well as have an amazing time!



活动体验 What to expect?

长颈族是由泰国北部与缅甸边界的一个少数民族喀伦族(Karen)的一支巴东(Padaung)族所组成的，只能在湄宏顺镇看的到。长颈族人以脖子长为美。孩子从 5-6 岁起，就在脖子上套铜圈，一年一个铜圈，使脖子拉长。最长颈者脖子达

70 厘米。洗浴时，长颈人只能把稻草塞进铜圈内拉锯般擦洗。为了生活，她们套上了沉重的枷锁，向世界展示着残酷的美。

Long-necked tribe lives in the northern part of Thailand, at its border with Burma.

The national minority – Kalun family (Karen), part of Badong (Padaung) family, and can only be seen in Mae Hong Shunzhen. As women age, the coils are added, compressing the rib cage and displacing the collarbone, creating an illusion of an extremely long neck. Now they show their painful beauty to the world.



地点：西双版纳景洪(距离比赛地点 104 公里，驾车约 2 小时)

Address: Jing Hong city, XiShuangBanNa 104Km from marathon point, 2 hours drive

价格: 400 元一天，非国家法定节假日消费标准。600 元一天，属国家法定节假日消费标准。

Price: 600 rmb/day for national statutory holidays, 400 rmb/day for weekend.

备注 Note:

含午餐，不包车费和住宿费，每周六的早上 9 点见，每次不少于 2 人，

Includes one lunch, not including transfer; meet up at 9 am, at least 2 people each time.

OPTION No. 7

到古寨体验神秘生活，寻觅布朗族先民足迹

Visit ancient villages, experience mystery lifestyle



达人简介 About local guide

我叫岩三苏，男，是一个热爱唱歌、旅游、文化，喜欢交朋友的布朗族青年歌手。

我们布朗人有很多有意思的生活习惯，比如嚼烟、喝酒和做茶。

嚼烟的方法是将槟榔叶包上少许的草烟丝，再加入沙基、芦子、槟榔果、红石灰等一块放进口中慢嚼，每次可嚼 20 多分钟，吐出的烟渣呈紫红色，布朗人嚼烟日久，连牙齿都被染成黑色。我们布朗族也特别喜欢饮酒，且大都自家酿制。其中以翡翠酒最为著名。这种酒在出酒时用一种叫“悬钩子”的植物的叶子过滤后呈绿色，很像翡翠的颜色，因此而得名，布朗族人性格豪爽，朋友间有“有酒必饮，饮酒必醉”之习俗。布朗族人善于种茶制茶，也很喜欢饮茶。姑娘们采下春茶后，制成散茶，又叫“大叶子茶”。她们还能制作一种具有本民族特色的“竹筒子茶”。

My name is Yan San Su, I am a national singer of the Blang minority. I like singing, traveling, exploring new cultures. Blang people have lots of interesting hobbies, like chewing tobacco, making tea and drinking. They chew tobacco by wrapping betel nut leaves with some tobacco grass, and mixing it with reed, betel nut, red lime and so on. They chew it slowly; one piece can last for more than 20 minutes, which is spit out afterwards. Its colour becomes purply-red, and in fact, the Blang people chew tobacco so frequently that their teeth turn black. Blang people also like to drink, and most of them brew liquor themselves. One of the most popular type is the jade liquor. The liquor is filtered with a leaf called “Xuan gou zi”, which makes the colour of the liquor green. Bulang people are also good at making and drinking tea.



活动体验 What to expect?

走进热带雨林, 聆听大自然的声音, 探访布朗族千年古寨, 寻觅布朗族先民足迹, 品最香醇的原生态普洱古树茶。作为一个千年古寨, 章朗至今还传承着古老的历

史文化、生产活动以及民间习俗。寨内不仅有最古老的布朗族佛寺、几百年的古茶园和幽深浩淼的“龙山”森林，还有大象井、南三飘坟、仙人洞、古驿道、景桑古城遗址、虎跳峡、白水河瀑布等一系列自然与人文完美结合的景观。

Walk in a tropic forest, listen to the sounds of nature, visit an ancient hamlet/village, taste savory and mellow Puer tea. Centuries-old village, Zhang Lang, has inherited the ancient history and culture, production types and folk customs. Here you'll find not only the oldest Buddhist temple, a hundreds years old tea garden and a deep and vast Dragon mountain forest, but also many elephant wells, a floating grave, a fairy cave, an ancient post path, the site of Jing Sang city, tiger jump gorge, Baishuihe waterfall and a series of other natural and cultural sites.



地点：西双版纳景洪(距离比赛地点 104 公里，驾车约 2 小时)

Address: Jing Hong city, XiShuangBanNa 104Km from marathon point, 2 hours
drive

价格: 400 元一天, 非国家法定节假日消费标准。600 元一天, 属国家法定节假日
消费标准。

Price: 600 rmb/day for national statutory holidays, 400 rmb/day for weekend.

备注 Note:

含午餐, 不包车费和住宿费, 每周六的早上 9 点见, 每次不少于 2 人,

Includes one lunch, not including transfer, meet up at 9am, at least 2 people each
time.

OPTION No.8

到云南学厨艺吃野菜做版纳美食

Learning how to cook Yun Nan food with locals

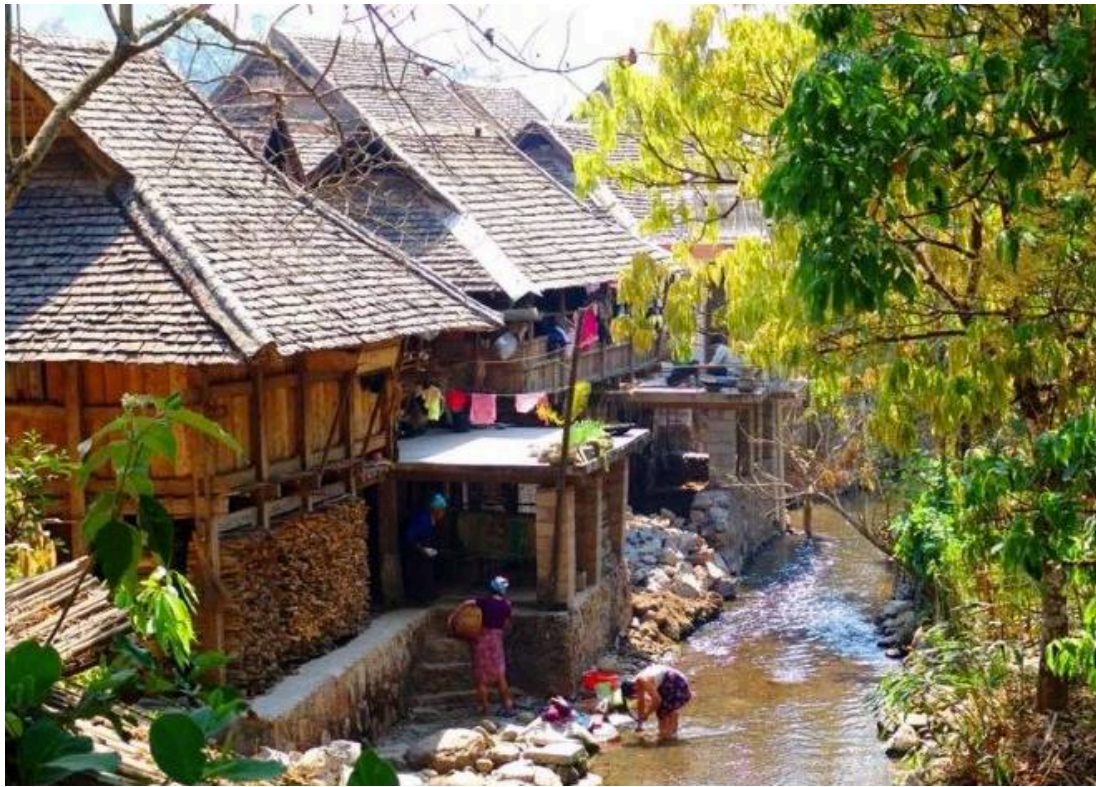


达人简介 About local guide

我叫玉应，女，布朗族，我们这个民族是中国西南历史悠久的一个古老的土著少数民族。我们这个民族没有文字，现在仍然保留着最具鲜明特征民族语言——布朗语、服饰、歌舞和风俗习性。布朗族的祖先经过长年累月的生产斗争实践，积累了不少天文、历法、天气变化规律的知识，并总结了原始的辨别方位、季节和气候的方法。布朗族人对于日月星辰都有其称谓，并根据日月星辰的升降、树木的向背来认识方位。很多人对我们的民族文化很好奇，我就在这里长大，也从来没有离开过这里，我希望带你们了解我的家乡。

My name is Yu Ying, I'm a girl of the Blang minority. It is an ancient indigenous minority with a long history, living in the southwest of China. Our nation cherishes the most distinctive national language - Brown language, as well as local costume,

songs, dances and customs. For many centuries, the Blang ancestors struggled with Mother Nature, accumulated a lot of knowledge about astronomy, calendar, weather etc., and created the original method of land orientation, distinguished seasons and climate changes. Blang people have their own way of naming the sun, moon and stars, and identifying the directions according to the movements of the sun, the moon and the trees. Many people are curious about our national culture, and as I grew up here and never left this environment, I hope to share our knowledge and wisdom with you.



活动体验 What to expect?

布朗族是云南最古老的少数民族之一，也是世界上第一个种植茶叶的民族之一。

布朗族是一个热情好客、爱花的民族，布朗族以花为媒，以歌为伴。同样，布朗族的饮食也非常有特色，我们的特色菜都能做成你们城里的私房菜了，饮食喜酸

辣.喜用铳锅或土锅把稻米焖成米饭。尤擅煮竹筒饭，煮时选一段鲜竹，装好米和适量的水，用火烧熟，剖开竹筒一人端一半以竹筒当碗用。米饭沾有竹瓢，食之有新竹清香和经炭火烘烤的香味，很可口。肉类以牛、羊、猪、鸡肉最为常见，也常捕食野味和昆虫。

Blang is one of the oldest minority nation in Yun Nan province, and also one of the first to plant tea. Blang people are enthusiastic to meet guests. Blang people have their own local food, mostly sour and spicy. The locals are really good at cooking, especially bamboo rice. It's cooked by putting rice into a bamboo and burning it with fire, when ready, the rice will be full of the bamboo smell and the fragrance of roasted aromas, so tasty! They also eat beef, mouton, pork and chicken. Sometimes, they also hunt other wild animals or insects to eat.



地点：西双版纳景洪(距离比赛地点 104 公里，驾车约 2 小时)

Address: Jing Hong city, XiShuangBanNa 104Km from marathon point, 2 hours drive

价格: 400 元一天, 非国家法定节假日消费标准。600 元一天, 属国家法定节假日消费标准。

Price: 600 rmb/day for national statutory holidays, 400 rmb/day for weekend.

备注 Note:

含午餐, 不包车费和住宿费, 每周六的早上 9 点见, 每次不少于 2 人,

Includes one lunch, not including transfer; meet up at 9am, at least 2 people each time.

对上述旅行服务感兴趣的参赛选手, 欢迎致电咨询 Citymaster 项目负责人,

Lumiere, 18721402697

If you are interested in participating our events, please contact ——

Lumi , +86 18721402697