



QIANDOAHU PROGRAM

– Dulwich Intl High School Suzhou



Location:

Thousand Island Lake, Zhejiang
浙江省杭州市千岛湖



Dates:

October 27-30, 2026

PROGRAM OVERVIEW

The program will take place in Qiandaoahu (“Thousand Island Lake”), an artificial lake that was formed in 1959, with the construction of the Xin’an Dam. As the entire valley was flooded, former mountains became islands, giving the area its distinctive look. The program begins with a visit to a local farm en route to Qiandaoahu, offering students a glimpse into rural life. Students will cycle along China’s longest ‘greenway’ bike path, kayak through the lake’s island-dotted waters, and hike to scenic viewpoints to take in the breathtaking vistas. The program also includes a half-day of team-building and high-ropes activities. Throughout the trip, KA guides will provide outdoor instruction, facilitate activities, and ensure students are fully engaged in exploring the natural and cultural richness of Qiandaoahu.

ACCOMMODATION:

5-Star Hotel (3 nights)

TOTAL PRICE:

(Including meals/accommodation, equipment, professional guides, insurance, transportation including pickup and dropoff at Dulwich Intl High School Suzhou, applicable entry fees, 1 free teacher for every 10 students):

RMB 4,150 | PER STUDENT



千岛湖项目

- 苏州德威国际课程高中项目



活动地点:

浙江省杭州市千岛湖景区



活动时间:

2026年10月27-30日

项目概述

该项目将在千岛湖景区进行。千岛湖是一个人工湖，形成于1959年新安江大坝建成之后。随着整个河谷被水淹没，原本的山峰变成了如今的岛屿，造就了这一独特的湖区景观。学生将项目第一日前往千岛湖的途中一个本地农场，了解中国农村生活的面貌。在接下来的行程中，学生将骑行在中国最长的“绿道”自行车道上，并划皮划艇穿越布满岛屿的湖面。项目还包括半天的团队建设与高空绳索挑战活动。整个行程中，卡赛教练将提供专业的户外指导，带领学生参与各项活动，帮助他们深入探索千岛湖丰富的自然资源与文化内涵，提升团队合作能力和户外技能。

住宿

五星级酒店(三晚)

总费用

(包括吃饭/住宿、装备、专业教练、全面保险、旅行期间的交通包括苏州学校往返接送、活动费，场地费)

4150元 | 每个学生

PROGRAM HIGHLIGHTS

GREENWAY CYCLING



Qiandaoahu, one of Zhejiang's most iconic destinations, is celebrated for its breathtaking scenery and is a favorite among travelers from across China, particularly those from the greater Shanghai area. The lake is home to China's longest greenway cycling path, which stretches 150 kilometers and includes cyclist-only bridges and tunnels. As part of this trip, students will cycle along the most beautiful and safe section of the path, offering incredible views and a route largely separated from traffic for a secure and enjoyable ride.

KAYAKING EXPLORATION



The adventure continues with activities both on foot and on the water. Students will take to the lake in tandem kayaks, exploring islands and engaging in fun games under the guidance of professional KA instructors. Along the way, they'll develop paddling skills and engage with the natural environment through science-based activities seamlessly incorporated into the experience.

SCENIC HIKE



Hiking will provide another opportunity to delve deeper into the area's natural beauty. One trail meanders through Qiandaoahu Town along a series of well-maintained exercise paths, combining accessibility with stunning views. Another route offers a more rugged experience, winding through a rustic part of the scenic area and rewarding students with spectacular vistas and an immersive connection to nature.

CHALLENGE TOWER & VIA-FERRATA



The program also includes a half-day session at an outdoor adventure base on the lake's northern shore. Here, students will take on high ropes challenges and participate in team-building games in small groups. These activities are designed to foster communication, trust, and collaboration, creating a strong foundation for the rest of the program and encouraging personal growth and teamwork.

项目亮点

湖边绿道骑行



千岛湖是浙江最具代表性的旅游目的地之一，以其令人叹为观止的自然风光而闻名，深受全国游客喜爱，尤其是来自上海及周边地区的旅行者。湖区拥有中国最长的绿色骑行道，全长150公里，沿途设有自行车专用桥梁和隧道。作为此次行程的一部分，学生将骑行在最美、最安全的路段，欣赏壮丽湖景，骑行路线与车流分离，确保安全愉快的体验。

岛屿探险 皮划艇



探险活动不仅限于陆地，还将延伸至水上。在专业的KA教练带领下，学生将乘坐双人皮划艇畅游湖面，探索小岛，参与趣味游戏。在活动过程中，他们将学习划桨技巧，并通过自然科学活动深入了解和互动周边的生态环境。

山上徒步 俯瞰千岛湖



徒步环节则提供了进一步亲近自然的机会。一条路线穿越千岛湖镇，沿着维护良好的健身步道蜿蜒前行，既易于行走，又能欣赏沿途美景。另一条路线则更加原生态，穿行于风景区的一处野趣地段，学生在这里不仅能收获壮观的视野，还能更深刻地感受大自然的魅力。

高空挑战 团建游戏



本次项目还包含半天的户外挑战活动，地点位于湖区北岸的户外基地。在这里，学生将分小组参与高空绳索挑战及团队合作游戏。这些项目旨在增强学生间的沟通、信任与协作能力，为整个行程打下良好的团队基础，同时促进个人成长与团队精神的培养。



DAY 1

TRAVEL TO QIANDAOHU / OLD TOWN SCAVENGER HUNT / TEAM-BUILDING

PROPOSED ITINERARY

- 8:00am – 11:30am • Bus from Dulwich High School Suzhou to Fengxiang Old Town (凤翔高岗古村落).
- 11:45am • Rendezvous with KA guides, introductions, meet your group leaders, lunch.
- 01:00pm • **Scavenger hunt** focused on the town's history as an important river port and administrative center. Working in teams, students will move through old streets, stone bridges, and traditional wooden buildings, using clues and interactive tasks to learn about the town.
- 03:30pm • Conclude scavenger hunt, transfer to hotel in Qiandaohu (1.5 hours).
- 05:00pm • Arrive, check-in, shower, rest.
- 07:00pm • Dinner at hotel restaurant.
- 08:00pm • Reflections and debrief. **"Carnival of Team-Building," Part 1:** student groups will compete in team-building challenges to earn tokens, which can be redeemed for materials to be used in part 2.





第一日

前往千岛湖 / 古村探索寻宝 / 团队建设游戏

行程



8:00am – 11:30am

- 从苏州德威国际高中乘巴士前往户外基地。

11:45am

- 与卡赛团队会合，互相介绍，与小组组长见面，享用午餐。

01:00pm

- 以凤翔高岗古村落景区的历史文化为主题，学生将分组穿梭于古村的巷道、祠堂、古民居和历史遗迹之间，通过**寻宝线索**和**互动任务**，探索古村的建筑特色、宗族文化以及其在岭南地区历史发展中的重要地位，深入了解传统村落的生活方式与文化传承。

03:30pm

- 送往千岛湖酒店。

05:00pm

- 办理入住，淋浴，休息。

07:00pm

- 在酒店餐厅享用晚餐。

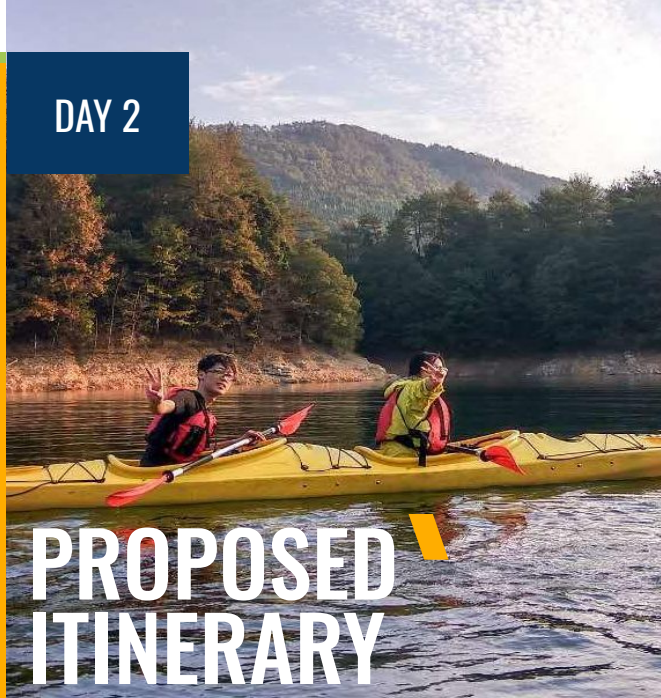
08:00pm

- 回顾与总结。“**团队建设嘉年华**”**团建挑战赛**，第一部分：学生小组将参加团队建设挑战赛赢取代币，代币可用于兑换第二部分所需的材料。

HIGH ROPES ADVENTURE / KAYAKING or SUP LESSON

- 08:00am • Breakfast at hotel, transfer to outdoor adventure center (格林七号)
- 09:30am • Safety briefing, followed by **high-ropes challenge tower and a small via ferrata course**. Students will navigate climbing elements, traverse ladders, and tackle a variety of obstacles under the supervision of experienced KA guides.
- 12:00pm • Break for lunch.
- 01:00pm • Transfer to outdoor water sports base. Introduction to **kayaking or stand-up-paddleboarding**, including briefing, paddling skills, games.
- 04:30pm • Conclude activity, change clothes. Return to hotel, shower, rest.
- 06:30pm • DIY dinner in nearby food court.
- 07:30pm • Evening game in hotel.

DAY 2



高空绳索探险 / 皮划艇或立式桨板课程

- 08:00am ● 酒店早餐后, 前往户外探险中心(格林七号)。
- 09:30am ● 安全讲解后, 体验**高空绳索挑战塔**和**小型飞拉达攀岩路线**。学员将在经验丰富的卡赛教练的指导下, 攀爬各种障碍物, 穿越梯子, 挑战各种项目。
- 12:00pm ● 午餐休息。
- 01:00pm ● 前往户外水上运动基地。体验**皮划艇或立式桨板**, 包括讲解、划桨技巧和游戏。
- 04:30pm ● 活动结束后, 更换衣物。返回酒店, 淋浴休息。
- 06:30pm ● 在附近美食广场自理晚餐。
- 07:30pm ● 晚上在酒店进行活动。

第二日



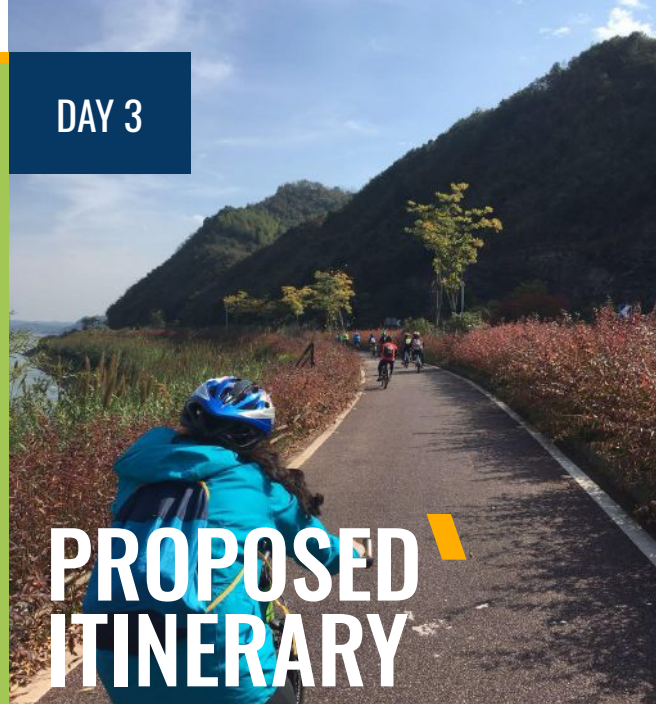
行程



GREENWAY BIKE RIDE / APIARY & HONEY-MAKING

DAY 3

- 08:30am • Breakfast at hotel.
- 09:30am • Transfer to start of bike ride, sort bicycles/helmets, divide into groups, cycling safety overview. Begin **cycling along the Qiandaohu cycling "greenway"**. This is one of the most beautiful sections of the greenway; located away from the main road and close to the lake, and featuring a purpose-built bike only suspension bridge!
- 12:30pm • Sit-down lunch at local restaurant.
- 01:30pm • Transfer to apiary in Dashu Town, on the southern shore of Thousand Island Lake. Students will don protective headwear, receive a tour of the apiary, and learn about the time-honored tradition of **honey-making**.
- 04:30pm • Return to hotel, shower, rest
- 06:30pm • Buffet dinner at hotel restaurant.
- 07:30pm • Final night trip reflections and optional "trip highlights" activity.



绿道自行车骑行/养蜂场和蜂蜜制作

- 08:30am ● 酒店早餐。
- 09:30am ● 前往骑行起点，整理自行车和头盔，分组，进行骑行安全讲解。沿着千岛湖自行车“绿道”开始骑行。这是绿道上最美的路段之一，远离主干道，靠近湖泊，并设有一座专为自行车建造的悬索桥！
- 12:30pm ● 在当地餐厅享用午餐。
- 01:30pm ● 前往千岛湖南岸大墅镇的养蜂场。学员将佩戴防护头盔，参观养蜂场，并了解悠久的蜂蜜制作传统。
- 04:30pm ● 返回酒店，淋浴，休息。
- 06:30pm ● 在酒店餐厅享用自助晚餐。
- 07:30pm ● 行程结束前，进行行程回顾，并可选择参加“行程亮点”活动。

第三日

行程



RETURN TO SUZHOU

- 08:00am** ● Breakfast at hotel, pack-up, check-out.
- 09:00am** ● Final debrief, say goodbye to KA Staff.
- 10:00am** ● Return bus to Dulwich High School Suzhou (5 hours).

DAY 4



**PROPOSED
ITINERARY**

返回苏州

- 08:00am ● 酒店早餐, 收拾行李, 办理退房。
- 09:00am ● 活动总结, 告别卡赛团队。
- 10:00am ● 返回苏州德威国际高中(五个小时)。

第四日



行程

ACCOMMODATION

QIANDAOHU PROGRAM

While KA maintains consistent standards in safety and student experience across all of our programs and locations, we work hard to cater to different budgets, especially in the areas of food and accommodation. For many programs, we are able to offer a range of accommodation options, which might range from 4-star hotels, to family-run guesthouses, to camping in tents. All accommodation options must meet our rigorous standards of safety, hygiene, and comfort, and must be large enough to accommodate big groups. Typically, 2-3 students will share one room, while accompanying teachers will get their own rooms. Beyond that, we are happy to tailor accommodation options to the needs and budgets of our clients.



Accommodation Information:

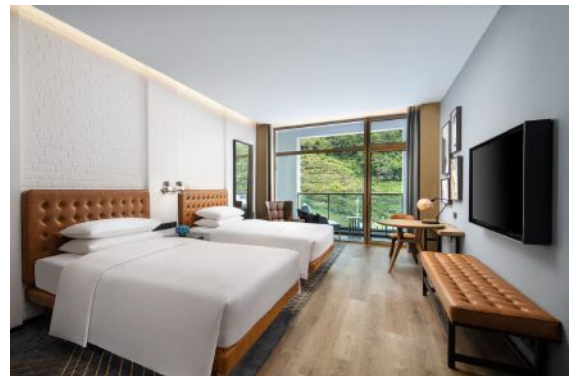
5-Star Hotel (3 nights)



Proposed Hotel:

Sheraton Four Points Hotel / 千岛湖福朋喜来登酒店

Address: 淳安千岛湖集贤路1699号



住宿

千岛湖项目

我们确保所有的项目和地点保持一致的安全和学生体验标准，但我们努力满足不同的预算，尤其是在食物和住宿方面。对于许多项目，我们能够提供一个系列住宿选择，从四星级酒店到家庭经营的宾馆，再到帐篷露营。所有住宿选择都必须符合我们严格的安全、卫生和舒适标准，并且必须足够大以容纳大型团体。通常，2-3 名学生将共用一个房间，而随行教师将拥有自己的房间。除此之外，我们很乐意根据客户的需求和预算定制住宿选择。



住宿概述：
五星级酒店（三晚）



酒店信息：
千岛湖福朋喜来登酒店
地址：淳安千岛湖集贤路1699号

