

China Trip and Study Tai Chi & Chi Gong

Beijing - Xian – WuDang - Chengu – Guilin - Shanghai

April 12-27, 2010, 16 days

Day-to-Day Itinerary

Day 1, Depart U.S. for Beijing, China

Day 2-4, Beijing



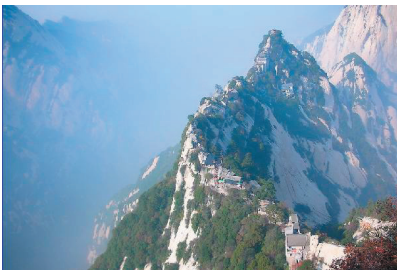
Beijing, the 800-year-old ancient capital of China, is the exuberant heart of the Middle Kingdom. With thirteen million residents, it is the living epitome of China's past, future and everything in between. 3 nights

- Day 2, arrive in Beijing. Meet the guide and transfer to hotel. Dinner on our own.
- Day 3, visit the **Forbidden City**, a magnificent palace built between 1406 and 1421, from which 24 emperors ruled China for 500 years. Continue to the historic landmark **Tian-An-Men Square**. **Hutong tour**, we will ride rickshaws through Beijing's ancient back roads and alleys (Hutongs) and enjoy a **home visit**, give us a glimpse of the traditional communal lifestyle. , this is the only chance for you to see the old resident area in Peking . **Beijing Roast Duck Banquet**
- Day 4, Visit the **Temple of Heaven** in the morning to touch people then climb the **Great Wall**, the wild section of the Great Wall - the only visible human construction from the moon. Built in 600 B.C., it once stretched for over 6,000 miles. On the way back we will make a bus stop for the Olympic village **the Bird Nest and the Water Cube**. Enjoy **the acrobatic show** in the evening



- Day 5 In the morning we will visit the **Summer Palace**, the former royal retreat that is now a lovely park, after lunch fly to Xi'an

- **Day 5-7, Xian**



Xian, the ancient capital of eleven dynasties from the first Chinese Emperor to the Tang Dynasty in the 9th century, where the legendary Silk Road set off. 3 nights

Day 6, explore one of the most stunning archeological discoveries in the 20th century - the **Terracotta Warriors**. This legendary, life-size terracotta army was created to protect the tomb of Qin Shi Huang, the first emperor of China who conquered seven rival kingdoms and united China as one nation in 221 B.C. , **Chinese Herbs Market** which is one of the largest one in China. After lunch drive to **Mount Hua** , which is one of the 5 famous Mountains in China . Then we start to climb with cable, you will have 3 to 4 hours there . Mount Hua stands in the north of Huaying County Shan xi province with an altitude of over 2000 meters , it is known as West Mountain among Five Sacred Mountains, Mount Hua is for its precipitous topography, there is an old saying " There has been only one road up the Mount Hua since the ancient times. This must be a very fantastic day for you . Two highlights a day In the later afternoon we will drive back to Xi'an

Day 7 Morning Taiji class practise with Chinese teacher in the Small Wild Goose Pogoda, Later on visit the the Tang Dynasty Art Museum, the City Wall, afternoon visit Musoleum area and Jade Carving factory. In the evening you will have Dumpling Banquet and Tang Dancing Performance



- **Day 8-10 Wudang** Wudang Mount is located in HuBei province, if you want to know where is the Chinese Taiji from, today we will take you there. 2 nights
- Day 8 After breakfast we will drive to Wudang Mount (about 3.5 hours). On the way you will enjoy the beautiful view in the Qingling Mount. after lunch we will visit **Prince's Slop, Purple Cloud Palace View, South Cliff.**



- Day 9 Full day tour today. Two more highlights are the studying Tai Chi with Toaist Priest and Kongfu school visit. It is the time for you to challenge the Chinese students. *Then* take a cable to the top. visit **Golden Peak** which is the essence and symbol of Wudang Mount. The Golden Palace included **Chaopai Temple, Taihe Temple Zhuanyun Temple and Mozhen Well.**



- **Day 10 Wudang/Xi'an (Bus)/ Chendu(Air)**

Morning Taiji exciese after breakfast then we will drive to xi'an , later afternoon flight to chengdu , 1 night in



Chengdu the capital of SiChuan provice, as everyone knows the hot and spicy food

Optioal tour : SiChuan Opera Changing Face

Day 11-13 GuiLin

Guilin, famous for its spectacular limestone karst formations, formed millions of years ago and eroded over the ages by the elements, has been the inspiration for generations of Chinese painters and poets.

2 nights in Guilin . one night in Yangshuo

- Day 11 **Panda tour** in Chengdu in the Morning taste the **Sichuan food** ,after lunch visit the **Daosim Qing Yang Temple** then fly to Guilin.
- Day 12 visit the **Reed Flute Cave, the Elephant Trunk Hill Tea Farm** after lunch visit **Chinese hard Qi Gong Institution** ,in the evening **walking tour around beautiful lake** in Guilin
- Day 13, **cruise on the Li River** from Guilin to Yangshuo. The picturesque Li River winds its way through the pointed, craggy hills, rice paddies, sugar loafs, beautiful limestone rock formations. End your cruise with an exploration of the small and charming market town of Yangshuo. Stay at Yangshuo.explore the famous **West Street** you may find all the good food in the world which is cooked in China .



Day 14-16, Shanghai



With sixteen million residents, Shanghai is now the engine and the showcase of tremendous economic development in modern China. Set against 100-year European colony architecture in the Bund, the avant-garde futurist skyscrapers on the east bank of the Huang Pu River reflects its ambitious dream to regain the title of "Oriental Pearl". 2 nights

- Day 14, fly to Shanghai. Stroll along the beautiful waterfront **Bund** and thorough **Old Town**.
- Day 15 walking through twisted alleys, narrow streets and tiny shops, we find ourselves in front of the extraordinary **Yu Garden, Kingdergarten and the site of 2010 Expo** farewell banquet in the hotel

Day 16, back to U.S after breakfast

Trip price: \$2190/20 people and up. (price will be adjusted according to number of people attending).

Includes: All transportation fee in China (roundtrip airfare ticket, all meals and banquets, room (double occupancy). Single room \$498 extra. Most are four-star hotels. Study tuition, admission charges to the temples and tourist sites, performance and shows.

Not included: Round trip airfare from USA to China, VISA fee, travel insurance (required), Chinese International or domestic airport taxes, tip to driver guide and trip leader, etc. (\$195 per person for tips)

The payment policy is as follows: \$1500 deposit (for deposit and airfare tickets, from USA to China) by end of December 2009. The rest is due by the end of February 2010. \$10 charge each day, for late payment.

The refund charges are as follows: \$200 if cancelled by the end of January 2010; \$500 if cancelled by the end of February 2010; \$800 if cancelled if cancelled by the end

of March 2010; \$1000 if cancelled by April 10, 2010.

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