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China Expedition Tours, A Division of CYTS International Tours Co., Ltd. Guilin

Chinese Tasty Flavors Tour

<http://www.chinaexpeditiontours.com/china-tours/chinese-tasty-flavors-tour.html>

Tour Code: CET-GM02

Length: 13 days and 12 nights

Cities Visited/Stayed: (Hong Kong), Guangzhou, Guilin, Chengdu, Nanjing, Yangzhou, Shanghai

Highlight Attractions: Ancestral Temple of the Chen Family, Li River, Yangshuo, Elephant Trunk Hill, Reed Flute Cave, The Confucius Temple Area, The Bund, Yu Yuan Garden

Experience & Features: Dim Sum, Cooking class, Rice Noodles, Hot-pot dinner, Panda, Shanghai Benbang dish

As one of the Four Great Ancient Civilizations, China has long history, vast territory and brilliant cultures. All of these have gestated the distinctive Chinese culinary art. In recent years, Chinese cuisine has become increasingly popular and Chinese food restaurants can be seen everywhere in the world. Our tasty tour begins in Guangzhou, which is famous for the Cantonese Cuisine. In picturesque Guilin, you experience a cruise on the world-wide famous Li River through stunning karst landscapes and taste local special in Yangshuo. You can taste authentic Sichuan Cuisine in Chengdu. The Huaiyang Cuisine in Yangzhou and Nanjing are surely to give you a deep impression and bring you aftertaste. Also included is a memorable visit to Yuyuan Garden in Shanghai, be seated comfortable tasting the snacks while intoxicating in the wonderful sceneries. Welcome to start your Chinese Tasty Flavor Tour with us.

Itinerary

Day 1: Hong Kong-Guangzhou

When you arrive in Guangzhou, our tour guide will welcome you at the airport. And then you will move to the hotel.

Stay overnight in Guangzhou.

Meals:

Day 2: Guangzhou

Guangzhou is a city that maintains its traditional customs while also a modern metropolis full of vigor and current fashions. After breakfast, we go to visit the **[Yuexiu Park]** where we can see the **[Statue of Five Goats]**, the symbol of Guangzhou City. Then we will go to the top of **[Guangzhou Tower]**, the summit of this city and it is also the highest TV tower in Asia. Next we will go to explore the **[Shangxiajiu commercial street]**, a very long street with fashionable clothing and various commodities displaying in shops on both side of the streets. Here you can purchase some goods in competitive prices and appreciate the traditional building style--Qi building. Due to its delicious Cantonese cuisine, Guangzhou's food is gaining popularity thought out the entire country and even overseas. There's a popular saying goes "Where there are Chinese, there are Cantonese; where there are Cantonese, there is Cantonese cuisine". This typical saying can fully reflect the influence of Cantonese cuisine on other people besides Cantonese.

You will have your later lunch (Xiawucha) in Tao Tao Ju Restaurant which is located at the Shangxiajiu Street or Panxi Restaurant which is in a garden. It is these two restaurants that are considered the greatest places for dim sum that is the most typical Cantonese snack.

Stay overnight in Guangzhou.

Meals :(B)

Day 3: Guangzhou-Guilin

"Eat in Guangzhou" is a famous saying in China, reflecting that Guangzhou is the paradise for food tasting. Yue Cai (Cantonese Cuisine), one of eight Chinese famous cuisines, is definitely a must in Guangzhou! In Guangzhou, you can enjoy delicious food with ingredients you have never heard of. Late in the morning, we will head to a local restaurant famous for its Guangdong style Wenchang chicken, fish maw and mushroom soup, stewed abalone with fish maw. We will go to visit the **[Ancestral Temple of the Chen Family]** and the **[Museum of Nanyue King's Tomb]** after lunch. The Ancestral Temple of the Chen Family is built between 1890 and 1894 during the reign of Emperor Guangxu of the Qing Dynasty, the grandest, best preserved, and best decorated ancient architecture existing in Guangdong province.

We will leave for Guilin by plane at the airport when we finishing dinner.

Stay overnight in Guilin.

Meals :(B)

Day 4: Guilin-Yangshuo

Li River symbolizes the Guilin area, as this picturesque river is a major component of Guilin scenery. When it sparkles in the sunlight, the river meanders through lush mountains like a liquid jade belt. A cruise along the Li River between Guilin and Yangshuo is an unforgettable experience. You can take digital camera with large capacity to capture the dramatic landscapes that Chinese artists have been painting for centuries. Visitors can have lunch onboard. The entire journey lasts about four hours, so you really have enough leisure time to relax

yourself in the ship. You can stay inside or enjoy the lovely river breezes on the open deck. When you arrive at Yangshuo, you can take a walk to the West Street, which has received countless international visitors from all over the world and reputed as "Earthly Village in China". Even though the street only has a length of 600 meters, over 300 cafes, restaurants, hotels art crafts and tourist stores, foreign language clubs, internet centers and Kungfu schools are located in the street.

In the afternoon, we will participate in a **[cooking class]** where you can bring out your own delicious three Chinese dishes for a **[DIY dinner]**.

Stay overnight in Yangshuo.

Meals :(B, L, D)

Day 5: Yangshuo-Guilin

The noodles of Guilin are famous throughout China and can be found in places such as Shanghai and Hong Kong. Of course for the most authentic Guilin Rice Noodles, visitors must eat them in their home town, Guilin. The rice noodles are made from oil and rice flower. The noodles are cooked in broth and served in a bowl of soup made from pork, beef, garlic, peanuts, peppers, and radishes. It is a staple of Guilin people's diet and is a wonderful and cheap dish. During meal times the many small rice noodle restaurants are always packed with diners. After a **[lunch with some Rice Noodles]** in Guilinese Restaurant, we depart for a city tour. The **[Elephant Trunk Hill]** located majestically at the confluence of Li River and Peach Blossom River, is considered as the symbol of Guilin City. With a history of over 360 million years, Elephant Trunk Hill is famous for its vivid elephant shape, which is sucking water from Li River with its long trunk. The **[Reed Flute Cave]** is one of the most spectacular caves displaying karst geographical formation in various shapes. After the visit, we will continue to the nearby **[South China Sea Pearl Museum]**, where we can learn some knowledge of pearls and have the chance to purchase real sea pearl at competitive prices. We will have the dinner of sip the Duck Soup with Gingko en Casserole at Zhengyang Soup City. In the evening we recommend a cruise in the city's central area on a water system, which will absolutely give you an impressive memory of Guilin.

Stay overnight in Guilin.

Meals :(B, L)

Day 6: Guilin-Chengdu

You can go to explore Guilin by yourselves during the daytime. Shopping in the local market of Guilin native products and bargaining with hawkers can absolutely make you know more about the city.

In the evening, we will take a flight to Chengdu, where you can have a feast of great food in China and soak up some of the mellow atmosphere in one of the thousands of tea houses dotted about the city. When you arrive, you will be met by our tour guide in the airport and be transferred to the hotel.

Stay overnight in Chengdu.

Meals :(B, L)

Day 7: Chengdu

We will go to explore the Chengdu City after a leisurely breakfast. Chengdu as a splendid cultural city is famous for its unique natural conditions, beautiful environment and profound history. **[People's Park]** and **[Kuanzhai Alley]** are our destinations where we can experience local people's leisure life, sensing the relaxing pace of this southwestern city that famed as "Heaven of Abundance".

Sichuan Cuisine is eminent as the four major style of cooking in China, especially outstanding for spicy flavor. So it is a must for visitors to experience the Sichuan cuisine on a trip to Chengdu. A hotpot dinner is a common dinnerware in Sichuan cuisine, and it will enable you know what authentic Sichuan spicy food taste. There are more than 400 kinds of dishes such as Sautéed Pigeon Breast in XO Sauce, Stir-Fried Duck Tongues with Sichuan Chili, Kung Pao Chicken, as well as 2000 kinds of snacks such as Sichuan Style Wonton, Tangyuan (Glutinous Rice Balls) in Fermented Glutinous Rice Soup. When you are eating those foods make sure that your stomach can undergo the spiciness! Besides, Sichuan brocade, embroidery and lacquer ware are well-known souvenirs.

Stay overnight in Chengdu.

Meals :(B)

Day 8: Chengdu-Nanjing

We will leave for Chengdu by private bus to go on a trip to **[Chengdu Giant Panda Researching and Breeding Base]**, locating in the mountain of Futoushan in the northern suburbs of the city. The highly recommend time is in the morning, between 8.30 and 10am, during feeding time when the cute black and white bear will add much great fun to your journey. And you should take the advantage of the right time to enjoy the cute pandas, otherwise the bears will be indulging in their favorite pastime, sleeping! After that we will go to a local restaurant to feast on all kinds of delectable foods. And we will move to Nanjing by plane in the afternoon.

You will be transferred to the hotel and have a rest once you arrive in Nanjing.

Stay overnight in Nanjing.

Meals :(B)

Day 9: Nanjing

You are free to arrange your time in the morning to experience Nanjing, but you should gather together in the hotel at lunch time. After lunch, we go to the **[Nanjing Confucius Temple]** (Fuzimiao in Chinese), with

consists of Confucius Temple as well as the Imperial Academy and Gongyuan where provincial and national examinations take place. In history, the Fuzi miao gathered restaurants, tea shops, snack stalls, etc. Nowadays it remains a street specializing in tasty food streets, and has become one of the four snack representative streets in China. It is easy for you to find different flavors of snacks in every regime in China, such as the eight peerless snacks made by eight long history shops, including salty and sweet flavors, and they have delicate shapes and wraps. There are also other snacks such as spicy Kidney Beans, fermented bean curd along with other snacks will satisfy your appetite and bring you persistent aftertaste. In Confucius Temple, you can also appreciate the bright lights and river scenery.

Stay overnight in Nanjing.

Meals :(B)

Day 10: Nanjing-Yangzhou-Nanjing

The driving journey to Yangzhou will cost us 1.5 hours. In Tang and Song dynasties, Yangzhou was the most prosperous and luxurious city in economic, politics, and culture. And now it remains its temperament of slowing taste food and elegantly towards life. **[Drink morning tea]** is popular among the local people and also an expression of life. Huaiyang refined snacks are major features of morning tea. Steamed dumplings filled with soup of crabs roe, five tin dumpling, and other snacks are must try dainty snacks. It is a pleasure to walk to enjoy the beauty of this small city after the rich and delightful morning tea. Taking a boat to sightseeing the Slim West Lake is also an exciting experience. At lunch time, we will eat a vegetarian meal at the Daming Temple, and this kind of meal is only available for visitors at noon. Many people think those dishes are meat because their appearance resembles that of meat. However, they are one hundred percent made of vegetables, such as lotus root, mushroom, bean curd, and so on. After lunch we will pay a visit to **[Daming Temple]**, which is distinguished for the unique garden scenery. And we will have our dinner at a local restaurant to enjoy the well-known Wensi bean curd. There is a monk named Wensi who made this delicious dish with bean curd, lily flower and edible tree fungi (kind of mushroom). And it became famous when emperor praises for its delicious flavor after his taste of it. Then we drive back to Nanjing.

Stay overnight in Nanjing.

Meals :(B)

Day 11: Nanjing-Shanghai

Today, we will take the train to Shanghai in the morning and arrive in Shanghai at lunch time (about 2 hour train ride). After a short rest at the hotel, we set out to the Laozao Restaurant to savor the elegant Shanghai Benbang dish. Every dish in the restaurant retains its original taste of the material and they don't have monosodium glutamate in them, representing you unique cooking art. After lunch, we will pay a visit to the **[Jade Buddha Temple]**, an elegant structure famous for its Buddha statue which is carved of solid white jade and decorated by jewels. The **[Outer Bund]** will offer a grand view of Shanghai because this metropolis keeps the modern fashions while still maintaining its old traditions. Walking in **[Nanjing Road]**, the most prosperous

commercial street: will be an exciting experience for you. Dinner is on your own, you can choose to eat western food or Chinese food as you like, lots of excellent western restaurant can be found in the city.

Stay overnight in Shanghai.

Meals :(B)

Day 12: Shanghai

Today, our first stop in the morning is after enjoying a leisurely breakfast. **[Yuyuan Garden]** is a place where you can find more delicate handicrafts and tasty Chinese snacks, and there are more than 500 kinds of snacks gathering here for you to choose, we highly recommend the Nanxiang Steamed Bun Stuffed with Pork and Crab Roe and Spring Rolls. **[Shanghai Museum]** is also included in today's tour visit, and it is one of the most outstanding museums in China. Later, we will have meals in Xintiandi, an affluent car-free shopping, eating and entertainment district of Shanghai. So you can explore the city as much as you like.

Stay overnight in Shanghai.

Meals :(B)

Day 13: Shanghai-Departure

This morning you can relax yourself until you have prepared well to be transferred to the next destination or for departure to go back home.

Meals :(B)

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