



桂林中青旅国际旅游有限公司特色旅游部

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

Concentrative Chinese Kungfu Experience Tour

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Tour Code: CET-KF01

Length: 20 days and 19 nights

Cities Visited/Stayed: Beijing, Xi'an, Luoyang, Dengfeng, Zhengzhou, Wudang, Wuhan, Chengdu, Leshan, Emei Mountain, Guilin, (Hong Kong)

Highlight Attractions: Great Wall, Forbidden City, Terracotta Warriors and Horses Museum, Longmen Grottoes, Shaolin Temple (a Sacred Place of Wushu and Chan Buddhism), Yellow Crane Tower, Leshan Giant Buddha, Emei Mountain, Li River, Yangshuo

Experience & Features: Kungfu Legend, Dumpling Dinner, Tang Dynasty Music and Dance Show, Biking on top of Xi'an City Wall, Shaolin Kungfu Learning, Kungfu show named "Zen Sect of Shaolin", Taiji Learning, Magic Buddha Rays, Panda

Chinese Kungfu is one of the most well known aspects of traditional Chinese culture. This tour is especially designed for those Chinese Kungfu fans and who are interested in learning martial art. Chinese Kungfu is rich in numerous styles that can be divided in two categories: external (Shaolin, Wudang) and internal (Tai Ji Quan, Qigong) and also includes the practice of many weapons. Begin our tour in Beijing, you can witness and climb the magnificent ancient construction of the Great Wall, be amazed at the "Legend of Kungfu" performance, and get a brief impression of this large capital. The Shaolin Temple in Dengfeng is a dream place where you can get first hand experience of Kungfu skill practice and discover further the profound meaning of martial art. Wudang Mountain is famous birthplace of Wudang Kungfu. You have time to learn more detailed skills. Also included is a memorable visit to one of the four Buddhist Mountains in China-Mt. Emei. Our tour ends in Guilin. You experience a cruise on the world-wide famous Li River through stunning karst landscapes in Yangshuo and amazing Reed Flute Cave in Guilin. Come and join us to unfold this splendid Kungfu dream.

Itinerary

Day 1: Beijing

Upon your arrival in Beijing, you will be met by our guide at the airport and be transferred to the hotel. It is highly recommended that a visit to Beijing isn't complete without trying the crispy and tasty Peking duck dinner, so we suggest you try this famous dish for dinner. Quanjude Roast Duck Restaurant and Bianyifang Roast Duck Restaurant are well-known for their traditional Roast Duck.

Stay overnight in Beijing.

Meals:

Day 2: Beijing

There is a famous saying that "You are not a hero unless you climb on the Great Wall." This morning we will drive to the **[Jinshanling Great Wall]**, the best preserved part of the Great Wall with many original features. This historic construction is somewhat dangerous to climb because it winds up and down the precipitous ranges, but as a reward, splendid views are available. This evening, we will go to the Red Theater to enjoy a Kungfu show, named "[the Legend of Kungfu]". This brilliant performance is expressed by blending Kungfu with modern dance, telling the true and profound meanings of Chinese Kungfu culture.

Stay overnight in Beijing.

Meals: (B, L)

Day 3: Beijing-Xi'an

After breakfast, let's go to enjoy a walk on the **[Tian'anmen Square]**. It is one of the largest city squares in the world, located on the central axis of old Beijing. In the center of Tian'anmen Square stands the Monument to the People's Heroes. Then we will go to the **[Forbidden City]**, imperial palaces for the emperors of the Ming and Qing dynasties. The city contains 800 ceremonial buildings, 9,999 rooms, and a courtyard that can hold 100,000 people. Best ancient Chinese architectural styles are well preserved here and maintain an imposing view. After lunch, we will take a flight from Beijing to Xi'an, you will be met by our guide and transferred to the hotel.

Stay overnight in Xi'an.

Meals: (B, L)

Day 4: Xi'an

With a history of more than 3,000 years, Xi'an has abundant collection of archaeological relics to express its rich history. This morning we will go to visit **[Banpo Museum]**, where you can see lots of precious unearthed cultural relics and artworks, indicating the prehistoric civilization. Then we will head for the **[Terra-cotta**

Warriors and Horses Museum] that situated east of Xi'an city is famous throughout the world for life-sized terra-cotta warriors and horses. The three pits of the terra-cotta warriors and horses excavated shows you how magnificent the structure of Emperor Qin Shihuang's Mausoleum was and how powerful the military has been since ancient time. Later this evening you may choose local special **Dumpling Dinner** and **the Tang Dynasty Music and Dance Show**.

Stay overnight in Xi'an.

Meals: (B, L)

Day 5: Xi'an-Luoyang

This morning we will visit the **[Provincial Museum]**, a striking Tang-Dynasty style pavilion, housing a large collection of 113,000 historic and cultural artifacts unearthed in Shaanxi. What follows will be a visit to the **[Big Wild Goose Pagoda]**, one of the city's most distinctive and outstanding landmarks, possibly the most beautiful building left in Xi'an today. **A bike tour on the top of the City Wall** is highly recommended. After lunch we will go to Luoyang city by CRH (China Railway High-speed).

Stay overnight in Luoyang.

Meals: (B, L)

Day 6: Luoyang

After breakfast, we will drive to the **[Longmen Grottoes]** about 14 km (9 miles) south of Luoyang. As one of the three great Buddhist treasures, the Buddhist statues in Longmen Grottoes are exquisitely carved and beautifully shaped, all presenting a vivid appearance of a dignified manner and delicate look. Longmen is also endowed with lush mountains and ridges, springs and waterfalls that consists a unique scenery area. Then we will continue to the **[White Horse Temple]** which has been regarded as the "originating court" and the "cradle of Chinese Buddhism" by the Buddhist disciples. Today's White Horse Temple is a rectangle courtyard facing south. After the visit, we will drive back to Luoyang and relax for the rest of the day.

Stay overnight in Luoyang.

Meals: (B, L)

Day 7: Luoyang-Dengfeng

This morning we will depart for Dengfeng by private car, van or bus after breakfast. It is about 2 hour's drive. When entering Dengfeng city, you will be attracted by the strong martial art atmosphere. There are lots of Martial art schools on each side of the street. You can have a quick look of students practicing Kungfu on the

playground, some of who are foreign students from all over the world. We will get off at the famous **[Shaolin Temple]**, which is reputed to be "the Number One Temple under Heaven". China's most famous martial arts tradition was developed by Buddhist monks at Shaolin Temple, those fighting monks in a thousand martial arts films can trace their origin to this temple. Then we will go to have a look at the **[Pagoda Forest]**. There are small sealed pagodas that hold holy relics and remains of important monks. After lunch, we will take a short rest and begin our **[exciting lesson to learn basic skills of Shaolin Kungfu]**. This evening we will enjoy a Kungfu show named "**[Zen Sect of Shaolin]**", where it takes on near the Shaolin Temple with real people's performance of Kungfu, really can be called a zero distance touch of the art.

Stay overnight in a Hotel near the Shaolin Temple.

Meals: (B, L)

Day 8: Dengfeng

Today you will realize the dream of learning real Kungfu and encounter a physical and intelligence challenge. Get up early this morning, you need to **[receive instructions from our Kungfu teacher and practice some Kungfu skill. Learn the spirit of Kungfu, and try your best to experience the hard and learning process]**.

Stay overnight in Dengfeng.

Meals: (B, L)

Day 9: Dengfeng-Zhengzhou-Wudang Mountain

We depart for Zhengzhou by private car, van or bus after breakfast. Then we will catch a train from Zhengzhou to Wudang Mountain. It will take 10 hours on the train. You can relax onboard and enjoy everything along the way! You will arrive at Wudang Mountain in the evening or late at night.

Stay overnight in Wudang Mountain.

Meals: (B, L)

Day 10: Wudang Mountain

The Wudang Mountain, located in northwestern Hubei Province, is a sacred Taoist mountain that is best known as the birthplace of Wudang martial arts. This morning we will take **[a cable to climb the Wudang Mountain]**, enjoying the fantastic scenery from the foot to top. We get off the cable at the top and visit the **[Gold Hall]**. Built on the mountain in 1416, it represents advanced Chinese architectural style and building

techniques. After lunch, we will continue to the **[Nanyan Palace]**, and drive to the magnificent ancient architecture-**[Zixiao Palace]**. It's the largest scale Taoist temple in Wudang.

Stay overnight in Wudang.

Meals: (B, L)

Day 11: Wudang

Taiji, sometimes called "shadow boxing" in the west, is a system of hand-to-hand combat that was later modified to produce the immensely popular form of exercise that millions practice every morning throughout china. This morning we will meet a famous Taiji teacher, and **[learn some basic Taiji skills]** from him. we will **[Enjoy a lesson in the afternoon introducing about Taiji culture and practice more]**.

Stay overnight in Wudang Mountain.

Meals: (B, L)

Day 12: Wudang-Wuhan

After breakfast, we will **[follow the teacher to practice more Taiji skill]**. Later the morning we will depart Wudang Mountain to Wuhan by train (about 7 hours). We will arrive in Wuhan in the evening or at night and being transferred to hotel and relax for the rest of the day.

Stay overnight in Wuhan.

Meals: (B, L)

Day 13: Wuhan-Chengdu

This morning we will go to visit the**[Yellow Crane Tower]**. The tower was first built with a wooden structure in 223 AD about 1700 years ago. It is not only an important scenic spot, but also a symbol of "piping times of peace" in people's minds. Scholars in the past dynasties wrote hundreds of poems and scores of writings in praise of the magnificent Yellow Crane Tower. The legend about the tower has become a bright pearl of the Chinese literature. The tower erected on the Snake Hill, faces the two magnificent rivers (the joint place of Yangtze River and its longest branch---Han River) as well as the grand Wuhan Yangtze River Bridge. The tower made the scenery so spectacular that every year, millions of tourists come to Yellow Crane Tower and appreciate its beauty. This afternoon, we will catch a flight to Chengdu city.

Stay overnight in Chengdu.

Meals: (B, L)

Day 14: Chengdu-Leshan-Emei Mountain

Let's have a tour to Leshan, a city about 120 kilometers (about 75 miles) to the south of Chengdu, to see the **[largest sitting Buddha]** in the world. The Buddha was carved out of the cliff with a height of more than 70 meters (about 229,659 feet) and has been well preserved for more than a thousand years. After lunch we will drive to **[Emei Mountain]**, one of the four celebrated Buddhist Mountains in China. Be transferred to the hotel at the foot of the mountain for a good rest. Then we will visit **[Fuhu Temple]** and **[Baoguo Temple]**.

Stay overnight at the foot of Emei Mountain.

Meals: (B, L)

Day 15: Emei Mountain

In the morning, we will take the scenic van to the half way of the mountain, visiting the **[Wannian Temple]**. Then we keep going up to the top named **[Golden Summit]**. You can enjoy the rest time of the day in such a tranquil and holy place. In the dark nights of Golden Summit, occasionally, you can see a point of fluorescence flowing between the valleys, then changing into several colors and step by step into numerous. This is the famous scenery saint lamps in Mt. Emei.

Stay overnight on the Golden Summit of Emei Mountain.

Meals: (B, L)

Day 16: Emei Mountain-Chengdu

After breakfast, we will take the scenic van downhill to the foot of the mountain. Then we will take our van or bus going back to Chengdu city. Chengdu is also a famous Chinese cultural city, endowed with unique natural conditions and beautiful environment. The rest time of the day will be free for you. We will take a walk to Tianfu Square to see Chairman Mao's marble statue, go to People's Park, having a sip of Chinese green tea in the tea house there are all nice options. What does still exist here in abundance is a great street life. Markets and street hawkers fill the streets dealing in everything you could possibly imagine, from snakes and snails to fortunes and foot scrubs.

Stay overnight in Chengdu.

Meals: (B, L)

Day 17: Chengdu-Guilin

In the morning, we will go to **[Chengdu Giant Panda Researching and Breeding Base]**. As one of the world's most endangered species, the cute black and white bear will bring you great fun. This evening, we will take a flight to Guilin city.

Stay overnight in Guilin.

Meals: (B, L)

Day 18: Guilin-Yangshuo

This morning we will embark the ship for **[Li River cruise]** to Yangshuo. Cruising downstream with a pleasant breeze greeting, you can sit on cushion comfortably or enjoy the open-air viewing platform. Bring lots of film or memory card with large capacity because this is a photographer's dream, where you are able to capture the dramatic landscapes that Chinese artists have been painting for centuries. Lunch will be served onboard.

Disembark and walk to the **West Street**, which has received countless foreigners from all over the world and reputed as "Global Village in China". Today, the 600 meters long street is over 300 cafes, restaurants, hotels, art crafts and tourist stores, foreign language clubs, internet cafes and Kungfu schools. This afternoon you will be free at leisure, you can enjoy a coffee time at the West Street, or walk around the small Yangshuo town.

Stay overnight in Yangshuo.

Meals: (B, L)

Day 19: Yangshuo-Guilin

We will drive back to Guilin city in the morning; we will spend the rest of the day in Guilin to discover its shining scenic spots that make the city unique and especially beautiful. The **[Elephant Trunk Hill]** is the symbol of Guilin, standing in the Li River and looks like an elephant drinking water from the river. 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. After dinner, we will go to see a show named "**[Dream-like Lijiang]**" which makes a perfect combination of the landscape background and Chinese acrobatics, making our Kungfu tour a fruitful ending.

Stay overnight in Guilin.

Meals: (B, L)

Day 20: Guilin-Hong Kong-Departure

Today will be on your own to relax and until you are ready to be transferred to the airport for a flight to Hong Kong to continue your tour or for departure.

Meals: (B)

Add: 3rd F, Dongfang Bldg, 30 Qixing Rd, Guilin 541004, China

Tel: 86-773-5817222, 5817255

Website: ChinaExpeditionTours.com

Fax: 86-773-5829185