



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**

## Chinese Kungfu Panorama Tour

<http://www.chinaexpeditiontours.com/china-tours/chinese-kungfu-pangama-tour.html>

**Tour Code:** CET-KF02

**Length:** 14 days and 13 nights

**Cities Visited/Stayed:** Beijing, Zhengzhou, Dengfeng, Wudang, Wuhan, Chengdu, Leshan, Emei Mountain, (Hong Kong)

**Highlight Attractions:** Shaolin Temple ( a Sacred Place of Wushu and Chan Buddhism ) , Yellow Crane Tower, Leshan Giant Buddha, Emei Mountain

**Experience & Features:** Peking Roast Duck, Kungfu Legend, Shaolin Kungfu Learning, Kungfu show named "Zen Sect of Shaolin", Taiji and Taiji Culture Learning, Magic Buddha Rays, Panda

Chinese Kung fu, also known as "martial arts", is one of the most famous aspects of traditional Chinese culture. Chinese Kung fu is rich in numerous styles that can be divided in two categories: internal (Tai Ji Quan, Qigong) and external (Shaolin, Wudang). It also can be divided in 3 different schools—Shaolin, Wudang and Emei. This panorama Kung fu tour shows you all of these 3 schools and makes you learn more about Chinese Kung fu. Begin our tour in Beijing, you can witness and climb the magnificent ancient construction of the Great Wall, be amazed at the "Legend of Kung fu" performance. The Shaolin Temple in Dengfeng is a dream place where you can get first hand experience of Kung fu skill practice and discover further the profound meaning of martial art. Wudang Mountain is famous birthplace of Wudang Kung fu. 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 Chengdu Giant Panda Researching and Breeding Base. Welcome to join us to make your Kung fu dream comes true.

### Itinerary

#### Day 1: Beijing

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

Stay overnight in Beijing.

**Meals:**

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## **Day 2: Beijing**

There is a famous saying that "You are not a hero unless you climb on the Great Wall." This morning we drive to the **[Jinshanling Great Wall]**, the less developed and commercial section of the Wall. It starts from the Wangjinglou Tower in the east and ends at Longyukou in the west and stretches about 10 kilometers (6 miles). 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)

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## **Day 3: Beijing-Zhengzhou**

After breakfast, we will drive to airport for a flight from Beijing to Zhengzhou, be met by our guide and transferred to the hotel. You can explore ancient Zhengzhou by yourselves after lunch or have a good rest in the hotel.

Stay overnight in Zhengzhou.

**Meals:** (B, L)

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## **Day 4: Zhengzhou-Dengfeng**

This morning we will depart for Dengfeng by private car, van or bus after breakfast. It is about one hour's drive. 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 at 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)

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## Day 5: Dengfeng

Today you will realize the dream of learning real Kungfu and encounter a physical and intelligence challenge. This morning, you need to get up early to **[receive instructions from our Kungfu teacher and practice more 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)

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## Day 6: Dengfeng-Zhengzhou-Wudang Mountain

We depart for Zhengzhou by private car, van or bus after breakfast. Then we catch a train from Zhengzhou to Wudang Mountain. The train ride is about 10 hours. 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)

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## Day 7: 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 go to **[take a cable to climb the Wudang Mountain]**. The natural scenery of Wudang Mountain is powerful and magnificent, tinged with some fantastically serene and charming touches. We will 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)

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## Day 8: 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 can **[Enjoy a lesson in the afternoon introducing about Taiji culture and practice more]**.

Stay overnight in Wudang Mountain.

**Meals:** (B, L)

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## **Day 9: 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, you will be transferred to hotel and relax for the rest of the day.

Stay overnight in Wuhan.

**Meals:** (B, L)

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## **Day 10: Wuhan-Chengdu**

This morning we will go to visit the **[Yellow Crane Tower]**, one of the three most famous towers on the south bank of the **Yangtze River**. The tower was first built in 223 AD. However, it was destroyed and rebuilt for many times in the following eras. 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. It is really the best place to viewing the surrounding scenery by the Yangtze River. This afternoon, we will catch a flight to Chengdu city.

Stay overnight in Chengdu.

**Meals:** (B, L)

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## **Day 11: Chengdu-Leshan-Emei Mountain**

Let's have a tour to Leshan, a city about 120 kilometers (about 74 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 feet) and has been well preserved for more than a thousand years. After lunch we will drive to **[Emei Mountain]**. It is one of the four celebrated Buddhist Mountains in China. You will 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)

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## **Day 12: 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 uphill 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)

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### **Day 13: Emei Mountain-Chengdu**

After breakfast, we will take the scenic van downhill to the foot of the mountain and 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)

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### **Day 14: Chengdu-Hong Kong-Departure**

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. And maybe after this visit, it is much more difficult to imagine how the panda could learn Kungfu in the movie Kungfu Panda. The rest of the day 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)

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