



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

Kungfu Leisure Tour

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

Tour Code: CET-KF03

Length: 13 days and 12 nights

Cities Visited/Stayed: (Hong Kong), Xi'an, Zhengzhou, Dengfeng, Wudang, Wuhan, Beijing

Highlight Attractions: Terracotta Warriors and Horses Museum, Yellow Crane Tower, Great Wall, Shaolin Temple (a Sacred Place of Wushu and Chan Buddhism), Blue Dragon Temple, Forbidden City, Temple of Heaven

Experience & Features: Shaolin Kungfu Learning, Kungfu show named "Zen Sect of Shaolin", Taiji and Taiji Culture Learning, Kungfu Legend show

Chinese Kung fu, as one of the most famous quintessence of Chinese culture, becomes more and more popular and many friends from home and abroad are crazy about it. Our Kung fu Leisurely Tour begins in Xi'an, which has abundant collections of archaeological, relies with a history of over 3,000 years. 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. Our tour ends in Beijing. You can witness and climb the magnificent ancient construction of the Great Wall, be amazed at the "Legend of Kung fu" performance and get a brief impression of this large capital. If you are a Chinese Kung fu fan and want to have a pleasant tour, come to join us.

Itinerary

Day 1: Hong Kong-Xi'an

You will take a flight from Hong Kong and when you arrive Xi'an airport, you will be met and transferred to hotel.

Stay overnight in Xi'an.

Meals:

Day 2: Xi'an

This morning, we will go to the **[Banpo Museum]**. There you may find out a lot of precious unearthed cultural relics and artworks, displaying the prehistoric civilization. Next stop will be the **[Terra-cotta Warriors and Horses Museum]** that located at the east of Xi'an city is famous to the whole world for life-sized terra-cotta warriors and horses. Now three pits of terra-cotta warriors and horses are excavated and will show you how magnificent the structure of Emperor Qin Shihuang's Mausoleum was. 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 3: Xi'an-Luoyang-Dengfeng

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 is a visit to the **[Big Wild Goose Pagoda]**. As the symbol of the old-line Xian, Big Wild Goose Pagoda (Dayan Pagoda) is a well-preserved ancient building and a holy place for Buddhists. A bike tour on the top of the City Wall is highly recommended. After lunch we will go to Luoyang city by CRH (high speed railway). Then head for Shaolin Temple by private car, van or bus.

Stay overnight in a Hotel near the Shaolin Temple.

Meals: (B, L)

Day 4: Dengfeng

Dengfeng is one of China's centers for martial arts and also the place where the Shaolin style of martial arts originated. The city has been important as one of China's main centers for the development of Buddhism, Taoism, Confucianism, and martial arts. We will get off at the famous **[Shaolin Temple]**, which is reputed to be "the Number One Temple under Heaven" Included on UNESCO's World Cultural & Natural Heritage List in 2010, the temple is the cradle of the Chinese Zen Buddhism and the Shaolin Martial Arts such as Shaolin Cudgel. You can watch thousands of young trainees dressed in the colors of their respective schools practice this martial art. 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 enjoy a Kungfu show named "**[Zen Sect of Shaolin]**", where it will take on near the Shaolin Temple with real people's performance of Kungfu, which really can be called a zero distance touch of the art.

Stay overnight in a Hotel near the Shaolin Temple.

Meals: (B, L)

Day 5: Dengfeng

Today you will realize the dream of learning real Kungfu and encounter a physical and intelligence challenge. This morning, you have to get up early to **[receive instructions from our Kungfu teacher and practice more Kungfu skill. You will learn the spirit of Kungfu, and try your best to experience the hard and learning process]**.

Stay overnight in Dengfeng.

Meals: (B, L)

Day 6: Dengfeng-Zhengzhou-Wudang Mountain

After breakfast, we will depart for Zhengzhou by private car, van or bus. Then we will catch a train from Zhengzhou to Wudang Mountain. The train ride is about 10 hours. You may relax onboard and enjoy everything along the way and we will arrive at Wudang Mountain in the evening or late at night.

Stay overnight in Wudang Mountain.

Meals: (B, L)

Day 7: Wudang Mountain

Wudang Mountain, located in Shiyan in western Hubei, is both a famous scenic spot and the Taoist Holy Land in China, which 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 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]**, listed as the national cultural relic as a famous Taoism palace. Next we will 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 8: Wudang

Taiji, sometimes called "shadow boxing" in the west, is a type of internal Chinese martial art practiced for both its defense training and its health benefits. This morning we will meet a famous Taiji teacher, and **[learn some**

basic Taiji skills] from him. **You can [Enjoy a lesson in the afternoon introducing about Taiji culture and do more practice].**

Stay overnight in Wudang Mountain.

Meals: (B, L)

Day 9: Wudang-Wuhan

After breakfast, we will **[follow the teacher to practice more Taiji skills]**. 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 then be transferred to hotel and relax for the rest of the day.

Stay overnight in Wuhan.

Meals: (B, L)

Day 10: Wuhan-Beijing

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 with a wooden structure in 223 AD about 1700 years ago. The present tower has a height about 51.4 meters (about 168.7feet). It is not only an important scenic spot, but also a symbol of "piping times of peace" in people's minds. Scholars in history 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. Standing on the top of the tower, you will see the vast Yangtze River flooding to the east, as well as the panorama of the huge city of Wuhan. It is really the best place to viewing the Yangtze River. This afternoon, we will catch a flight to Beijing. People say 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: (B, L)

Day 11: 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 less developed and commercial section of the Wall. This historic construction runs over some particularly steep and rugged terrain 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 will tell the true and profound meanings of Chinese Kungfu culture by blending Kungfu with modern dance.

Stay overnight in Beijing.

Meals: (B, L)

Day 12: Beijing

After breakfast, we will go to enjoy a walk on the **[Tian'anmen Square]**, one of the largest city squares in the world. It is located on the central axis of old Beijing and is widely used as a national symbol. 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 present an imposing view. Later, we go to the **[Temple of Heaven]**, the place where the ancient emperors used to pray for the God's blessing for the whole nation.

Stay overnight in Beijing.

Meals: (B, L)

Day 13: Beijing-Departure

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

Meals: (B)

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