



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/fantastic-chinese-kungfu-tour.html>

Tour Code: CET-KF04

Length: 14 days and 13 nights

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

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

Experience & Features: Panda, Shaolin Kungfu Learning, Kungfu show named "Zen Sect of Shaolin", Kungfu Legend Show

On account of super Kungfu star Bruce Lee, Chinese Kungfu becomes well-known all over the world. As 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). During this Kung fu tour, you will not only have a chance to visit magnificent Beijing and Xian, but also can pay a fantastic visit to Shaolin Temple, a dream place where you can get first hand experience of Kung fu skill practice and discover further profound meaning of martial art, and Mt. Emei, which is one of the four Buddhist Mountains in China. Go to Chengdu Giant Panda Researching and Breeding Base to have close contact with lovely pandas. Besides, ancient cities Luoyang, Xi'an and Beijing will take you back to ancient times! Join us to experience this fantastic Chinese Kung fu tour by yourself.

Itinerary

Day 1: Hong Kong-Chengdu

When you arrival in Chengdu, our guide will meet you at the airport and transfer you to the hotel.

Stay overnight in Chengdu.

Meals:

Day 2: 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 230feet) 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. 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)

Day 3: 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]**. It is towering, beautiful, old and mysterious. 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. It is the highest one among all the famous sight-seeing mountains in China. This is the famous scenery saint lamps in Mt. Emei.

Stay overnight on the Golden Summit of Emei Mountain.

Meals: (B, L)

Day 4: 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. Later we 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. Street lives also exist here in abundance. 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 5: Chengdu-Zhengzhou-Dengfeng

In the morning, we will go to **[Chengdu Giant Panda Researching and Breeding Base]**. As one of the world's most endangered species, the Research Base is one of the important centers in China. The cute black

and white bear will bring you great fun. Then we will take a flight to Zhengzhou and drive to Dengfeng by private car, van or bus later.

Stay overnight in a Hotel in Dengfeng.

Meals: (B, L)

Day 6: Dengfeng

Today we will go to visit the famous **[Shaolin Temple]**, in the region of Song Mountain, 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. 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 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 7: Dengfeng

Today you will realize the dream of learning real Kungfu and encounter a physical and intelligence challenge. 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]**. Maybe you will find out that the essence of Kungfu is quite difficult to know and control.

Stay overnight in Dengfeng.

Meals: (B, L)

Day 8: Dengfeng-Luoyang

We will depart for **[Longmen Grottoes]** by private car, van or bus after breakfast. 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 to Luoyang and relax for the rest of the day.

Stay overnight in Luoyang.

Meals: (B, L)

Day 9: Luoyang-Xian

After breakfast, we will go to Xian city by CRH. After about 1h40m, you will arrival in Xian and met by our guide at the station and transferred to the hotel. The rest of the day will be yours. You can experience this ancient capital on your own.

Stay overnight in Xian.

Meals: (B, L)

Day 10: Xian

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]**. You can see lots of precious unearthed cultural relics and artworks, indicating the prehistoric civilization. Then we will head to the **[Terra-cotta Warriors and Horses Museum]**. Situated east of Xi'an city, it is famous throughout the world for life-sized terra-cotta warriors and horses. Three pits of the terra-cotta warriors and horses excavated 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 11: Xian-Beijing

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. Also included is a visit to the **[Big Wild Goose Pagoda]**. It is one of the city's most distinctive and outstanding landmarks, possibly the most beautiful building left in Xi'an today. We highly recommend you to have a bike tour on the top of the City Wall. After lunch we will fly to Beijing. People say that a visit to Beijing isn't complete without trying the crispy and tasty Peking duck dinner, so we 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 12: 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. It is somewhat dangerous to climb this historical structure because it winds up and down the precipitous ranges, but as a reward, splendid views are available. This evening, we will go to enjoy a Kungfu show in the Red Theater, 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 13: Beijing

Today we are going to enjoy a walk on the **[Tian'anmen Square]** after breakfast. It is one of the largest city squares in the world, located on the central axis of old Beijing. And 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 presenting an imposing view. Later we will 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 14: 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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