



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

Shaolin Kungfu Experience Tour

<http://www.chinaexpeditiontours.com/china-tours/shaolin-kungfu-experience-tour.html>

Tour Code: CET-KF05

Length: 4 days and 3 nights

Cities Visited/Stayed: (Shanghai), Zhengzhou, Dengfeng, (Shanghai)

Highlight Attractions: Shaolin Temple (a Sacred Place of Wushu and Chan Buddhism) , Song Mountain

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

Shaolin Kung fu, as of one of the most well-known Chinese Kung fu in the world, is also a precious quintessence of Chinese culture. This Shaolin Kung fu Experience Tour is especially designed for Shaolin Kung fu fans that live or work in China. During this four day Kung fu tour, you will visit sacred 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. Besides, you will also practice Kung fu skill from professional teacher. Shaolin Temple, where you can make your Kung fu dream come true, is waiting for you.

Itinerary

Day 1: Shanghai-Zhengzhou

When your flight arrives at the Zhengzhou airport, you will be received by our guides and transferred to the hotel then. In the rest of the day, you can be on a visit to Zhengzhou.

Stay overnight in Zhengzhou.

Meals:

Day 2: Zhengzhou-Dengfeng

After breakfast, we will leave for Dengfeng by private car, van or bus. It will take about one hour to get there. As soon as you enter Dengfeng city, you will feel truly the strong atmosphere of the martial art. A lot of Martial

schools lie on each side of the street, and a great many of students from around the world, are practicing Kungfu on the playground. We will take the **[Shaolin Temple]** for a stop, which is said to be the temple next to none. The Buddhist monks developed the China's most famous martial art. The origin of the fighting monks in acrobatic fighting films can be traced back to this temple. Then we'll have a visit to the **[Pagoda Forest]**. It contains small sealed pagodas with holy relics and the remains of important monks. Later, we will have lunch and a short rest. After that, we will begin the learning of the basic skills of Shaolin Kungfu. At night, there will be a Kungfu show called **[Zen Sect of Shaolin]** at the Shaolin Temple. Then you can really enjoy the performance at the spot at short range.

Stay overnight in a Hotel near the Shaolin Temple.

Meals: (B, L)

Day 3: Dengfeng

In this day, your dream of learning real Kungfu will come true. At the same time, a physical and intelligent challenge also follows. You have to get up early in the morning in order to **[receive instructions from our Kungfu teacher and excise more Kungfu skill. You will Have an understanding of the spirit of Kungfu, and try your best to experience the hard and learning process]**.

Stay overnight in Dengfeng.

Meals: (B, L)

Day 4: Dengfeng-Zhengzhou-Shanghai

We will leave for Zhengzhou by private car, van or bus after breakfast. You have your time to relax at will. When you are ready, we will transfer you to the airport for a flight to home.

Meals: (B)

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

Website: ChinaExpeditionTours.com

Tel: 86-773-5817222, 5817255

Fax: 86-773-5829185