

China Kong Fu Tour

[GW-KF-001] Beijing-Luoyang-Xi'an-Shanghai (11 days)



Day01 Arrive in Beijing

Arrive in Beijing, the capital of China. Meet your guide upon arrival and be transferred to your comfortable hotel. (D)

Day02 Beijing

Begin the day's activity with a visit to **Tian'anmen Square**, the largest urban square in the world. Then, move on to visit the Imperial Palace, also known as the "**Forbidden City**", the biggest palace complex in the world. In the afternoon, visit **Temple of Heaven** where the emperors of Ming and Qing Dynasties worshipped heaven and prayed for good harvest. A **Peking Duck Dinner** concludes your first full day activities in China. (B-L-D)

Day03 Beijing

Today's highlight is your visit to **the Great Wall**, one of the "Seven Wonders of the World" and a symbol of Chinese civilization. Just like a gigantic dragon, the Great Wall winds up and down across mountains. A short drive away is the statue-lined **Shenlu (Spirit Road)** leading to the **Ming Tombs**, here you can see some marvelous stone sculptures. The Ming Tombs area is for deceased emperors of the Ming Dynasty. (B-L-D)

Day04 Beijing-Luoyang

Pay a visit to famous **Beijing Shaolin Wushu School** and enjoy **Kung Fu Show** there. Kung Fu (Wushu) is the proper term for all the martial arts styles in China. It has been practiced in China for thousands of years. Kung Fu consists of tens of thousands of different External and Internal styles including both bare hands and weapons. Some of the well-known external styles are Shaolinqun, Chaquan, Hongquan, Fanziquan and many others. The well-known internal styles are Tai Chi, Bagua, Xingyi, and Water style. Then, visit the enchanting **Summer Palace**, one of China's largest and best-preserved royal gardens, where you can have a walk along the famous Long Corridor. Take an overnight train to Luoyang with soft sleeper (the 1st class in China, 4 persons sharing one cabin). (B-L-D)

Day05 Luoyang

Whole day is excursion to the **Shaolin Temple**, which is located at the foot of Songshan Mountain – the central of the five sacred mountains in China. The temple was founded in 527 A.D. by a monk, Bodhidharma. He developed a form of physical movement which is based on the natural motions of animals, hence the origin of Shao Lin Kung-fu. Stay overnight in Luoyang. (B-L-D)

Attention: If you would like, we also can arrange Shaolin Kung Fu Study or training in Shaolin Temple. Living with Shaolin Monks, students of all abilities are welcomed to go and learn a variety of different forms of Kung Fu. The serenity of the Shaolin Temple and the National Park surrounding it provides students with the perfect state of mind to develop a true understanding of Chinese Kung Fu.

Day06 Luoyang-Xi'an

Visit the **Longmen Grottoes**, built in the year of 494, during the Northern Wei Dynasty.

The Longmen Grottoes is one of China's three leading treasure houses of grotto art, with 2,100 grottoes. The largest Buddhist sculpture stands 17.14 meters tall. Then, ride the afternoon train to Xi'an. Be transferred to the hotel on arrival. (B-L-D)



Day07 Xi'an

Begin the day's activity with an once-in-a-lifetime viewing of the extraordinary 2,200-year-old **Terracotta Warriors** of China's first feudal Emperor, Qin Shihuang. On your way back to the city, stop at a mountain village and meet local residents. After lunch, visit the superb **Shannxi History Museum**, the best of its kind in China. Visit to **Big Wild Goose Pagoda** which was built in 652 A.D. It contains a large volume of Buddhist scriptures which were obtained from India by the eminent monk of Xuanzang. Attend a special **Tang Dynasty Show** and characteristic **Dumpling Dinner** in the evening. (B-L-D)

Day08 Xi'an-Shanghai

Climb the ancient **City Wall** and visit **Forest of Steles Museum** where precious stone carvings and sculptures are kept. Then, visit the **Great Mosque**, built primarily in the Ming Dynasty when Chinese architectural elements were synthesized into mosque architecture, and it is the largest and best-preserved one of the early mosques of China. Take an evening flight to Shanghai, the bustling commercial heart of China, known as "Paris of the East". (B-L)

Day09 Shanghai

Visit **the Bund**, at the west shore of the Huangpu River, the Oriental Pearl TV Tower and the Jin Mao Tower can be seen on the opposite side. The splendid row of early 20th century Europe buildings remains the quintessential Shanghai sight. Visit fascinating

Yuyuan Garden, a well-restored Suzhou-style garden, and take a walk through the Old Town filled with antique markets and specialty stores. Walk along **Nanjing Road**, a must-see metropolitan destination attracting thousands of fashion-seeking shoppers from all over the world today. A fabulous **Acrobatic Show** concludes your first day in Shanghai. (B-L-D)

Day10 Shanghai

This morning you will visit marvelous **Shanghai Museum**, a leading attraction of the city since it opened in 1994,



containing some priceless collections of paintings, porcelains and bronzes. Move on to check out the **St. Ignatius Cathedral** (Xujiahui Cathedral) built in 1846. Wander around the former French Concession represented by the leafy **Fuxing Park** and the architecture in the area. Then pay a visit to the **Jade Buddha Temple** where two rare jade statues of Sakyamuni Buddha are treasured. You will have some free time in the afternoon to explore the city. (B-L-D)

Day11 Depart from Shanghai

Be transferred to the airport and prepare for boarding on your homebound flight. (B)