

China Kong Fu Tour

[GW-KF-002] Beijing-Xi'an-Luoyang-Zhengzhou-Xuzhou-Shanghai (15 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-Xi'an

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. Take an overnight train to Xi'an with soft sleeper (the 1st class in China, 4 persons sharing one cabin). (B-L-D)

Day04 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. Enjoy a characteristic **dumpling dinner** at a local restaurant. (B-L-D)

Day05 Xi'an-Luoyang

Climb the ancient **City Wall** and visit **Forest of Steles Museum** where precious stone carvings and sculptures are kept. Then, take a train to the ancient city – Luoyang, hence the name “Capital of Nine Dynasties”. You will pass by the Huashan Mountain, one of the five famous Mountains in China. Be transferred to the hotel on arrival. (B-L)

Day06 Luoyang

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, visit the **Luoyang Folk Art Museum**. (B-L-D)

Day07 Luoyang-Zhengzhou

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 Zhengzhou. (B-L-D)

**Day08 Zhengzhou-Xuzhou**

Take a morning train to Xuzhou, and be transferred to the Martial Art School. Have a training introduction in the afternoon. All accommodations are in the school during the training. (B-L-D)

Attention please: this kind of training is suitable for the group more than 10 persons.

Day09 Xuzhou

The whole day is for Kung Fu training. (B-L-D)

Day10 Xuzhou

The whole day is for Kung Fu training. (B-L-D)

Day11 Xuzhou

The whole day is for Kung Fu training. (B-L-D)

Attention: the training time and term can be shorten and prolonged upon the clients' minds.

Day12 Xuzhou-Shanghai

Day is for gathering examination and performing and attending farewell dinner. Take an overnight train to Shanghai. (B-L-D)

Day13 Shanghai

Arrive in Shanghai, known as "Paris in the East". Be picked up and have breakfast. 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. Then pay a visit to the **Jade Buddha Temple** where two rare jade statues of Sakyamuni Buddha are treasured. A fabulous **Acrobatic Show** concludes your first day in Shanghai. (B-L-D)

**Day14 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. You will have some free time in the afternoon to explore the city. (B-L)

Day15 Depart from Shanghai

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