

China Taiji Tour

[GW-TJ-001]Beijing-Zhengzhou-Chenjiagou Village-Dengfeng-Luoyang-Xi'an-Wuhan-Mt. Wudang-Wuhan-Shanghai (21 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

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

Day03 Beijing

Morning Taiji practice with local practitioners in Jingshan Park. 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-Zhengzhou

Take an intensive **Qigong and Taiji training** in the **White Cloud Taoist Temple**, the center of Taoist activity in Beijing. You will be learning a special form of Taoist Taiji and Qigong from the resident Master. Have Vegetarian lunch and dinner in the Temple. Take an overnight train to Zhengzhou with soft sleeper (the 1st class in China, 4 persons sharing one cabin). (B-L-D)

Day05 Zhengzhou-Chenjiagou Village

Be picked up from railway station and drive to Chenjiagou Village in Wenxian for study Chen-style Taiji for 3 days. (B-L-D)

Day06

Chenjiagou Village

Study Chen-style Taiji. (B-L-D)

Day07

Chenjiagou Village

Study Chen-style Taiji. (B-L-D)

Day08

Chengjiagou Village-Dengfeng

Whole day is to Dengfeng to visit 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. Have vegetarian Feast in the Shaolin Temple. (B-L-D)

Day09 Dengfeng-Luoyang

Go ahead for 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. (B-L-D)

Day10 Luoyang-Xi'an

After breakfast, you will visit the **Luoyang Folk Art Museum**. Then, ride a train to Xi'an, passing by the Huashan Mountain, one of the five famous Mountains in China. Be transferred to the hotel on arrival. (B-L-D)

Day11 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. (B-L-D)

Day12 Xi'an-Wuhan

Climb the ancient **City Wall** and visit **Forest of Steles Museum** where precious stone carvings and sculptures are kept. Enjoy a characteristic **dumpling dinner** at a local restaurant. In the late afternoon, fly to Wuhan, described as the "homeland of White Cloud and Yellow Crane". (B-L-D)

Day13 Wuhan-Mt. Wudang



Pay a visit to the **Yellow Crane Tower**, one of the three most famous towers in south China (the other two are Tengwang Tower in Nanchang City of Jiangxi Province and Yueyang Tower in Yueyang City of Hunan Province). Yellow Crane Tower is situated

at the top of Sheshan (Snake Hill) in Wuhan, Hubei Province, and has a beautiful legend... Then, visit the **Guiyuan Taoist Temple**, the Temple of Original Tranquility, first built in 1658 in the early Qing Dynasty. It is famous in Buddhist circles for its scripture collection which includes a complete seven-thousand volume set of the rare Longcan Sutra, but visitors are more likely to be impressed by the several hundred individually styled saintly statues in the Arhat Hall, and the statue of Sakyamuni in the main hall, carved from a single block of white jade, a gift from Burma in 1935. Then, visit **Provincial Museum**, which has a store of 146,000 pieces of culture relics, 672 of which are first class state treasures. Take an overnight train to Mt. Wudang with soft sleeper (the 1st class in China, 4 persons sharing one cabin). (B-L-D)

Day14 Mt. Wudang

Arrive at Mt. Wudang in the early morning. Mt. Wudang, a famous Daoist sacred site in China, attracts endless pilgrims with its magnificent temples. Mt. Wudang has a very long history in connection with Daoism. During the key day, it is said that Mt. Wudang covers 8 "gong", 2 "guan", 36 "antang" and 72 "yanmiao", 39 bridges, 12 pavilions and the 70-odd-kilometer-long path leading from the piedmont to the peak. After more than 500

years, several of the buildings were damaged throughout the ages. Only the six temples (gong) of Zixiao, Taihe, Jindian, Nanyan, Yuzhen and Yuxu, the two temples (guan) of Fuzhen and Yuanhe, and buildings such as Mozhen Well and Xuanyue Gate still remain in existence. Visit the **Zixiao Temple, Golden Palace, Nanyan Palace**, and other scenic areas today. Zixiao Temple is the largest and most intact temple of those extant on Mt. Wudang. Golden Palace, made in copper, plated in gold and made to resemble wood, is located on the peak of the Tianzhu Hill. Stay overnight on the mountain in the very simple guest quarters and have vegetarian feasts. (B-L-D)

Day15 Mt. Wudang

Take intensive Taiji training in the morning and early afternoon. The free time is to explore the mountain. During the learning time, you will know about Wudang Taiji Boxing, Qigong and Meditation, and study in Taiyi Five Element Boxing and Wudang Taiyi Unfettered Palm Boxing for those interested. (B-L-D)

Day16 Mt. Wudang

Take intensive Taiji training in the morning and early afternoon. The free time is to explore the mountain. (B-L-D)

Day17 Mt. Wudang

Take intensive Taiji training in the morning and early afternoon. The free time is to explore the mountain. (B-L-D)



Day18 Mt. Wudang

Take intensive Taiji training in the morning and early afternoon. The free time is to explore the mountain. (B-L-D)

Day19 Mt. Wudang-Wuhan

Take intensive Taiji training in the morning. Ride an afternoon train back to Wuhan. (B-L-D)

Day20 Wuhan-Shanghai

Take a morning flight to Shanghai, the bustling commercial heart of China, known as "Paris of the East". 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. A fabulous **Acrobatic Show** concludes your first day in Shanghai. (B-L-D)

Day21 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)

Day22 Depart from Shanghai

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