

# CHINESE CULTURE EXPEDITION

Celebrating Buddhist and Taoist Cultural Treasures in China



**October 7 –19, 2011**

**Beijing, Chengdu, Emei, Leshan, Wudang Mountain and Wuhan**

This tour presents the most famous and popular attractions in China. You will see the magnificence of the Great Wall, marvel at the splendor of the Forbidden City and majestic LeShan Giant Buddha, explore Emei, Wudang and Taoist Holy Mountains, and practice Tai Chi with Taoist monks. This trip covers six UNESCO World Heritage Sites and two major religions, Buddhism and Taoism. You will see the heart of China!

## Features Included

- Round-trip airfare from New York
- Land transportation within China
- Transfer between airport, hotels
- 4 star or local best hotels and taxes
- Meals per itinerary
- Peking Duck Dinner
- Dai ethnic dinner party
- Acrobatic Show
- Tea ceremony
- Beijing neighborhood walking tour
- Tai chi classes with local people
- Visit to a local family
- Specially arranged visit to Wuhan University
- Service of English-speaking tour manager
- Baggage handling for one piece of luggage per person
- Sightseeing and entrance fees per itinerary

**For additional information, please call**

**Yin Yang Taichi Academy**  
**22E Andover Drive, West Hartford, CT 06110**  
**860-953-3388 www.Yinyangtaichi.com**



## Rate:

**Air & Land: \$2,990** per person, double occupancy  
**Land Only: \$2,100** per person, double occupancy  
**Single Supplement: \$720** per person  
**Optional add-on Tour to Shanghai: \$390**

## ITINERARY

### Friday, October 7, 2011

Depart US for your journey to Beijing. Your flight includes meals, drinks, and in-flight entertainment.

### Saturday, October 8, 2011

You will be met by our local guide at the Beijing International Airport and transfer to your hotel. The balance of the day is at your leisure.

### Sunday, October 9, 2011

After breakfast visit Tiananmen Square, which at 98 acres is the largest public square in the world and the site of many history making events. Tour the impressive Forbidden City, the Chinese imperial palace. Visit the 15<sup>th</sup> century Temple of Heaven where Emperors made offerings for the harvest and today is a popular place for local people to play chess, practice Tai Chi or sing Peking Opera. Enjoy the famous acrobatic show in the evening.



### Monday, October 10, 2011

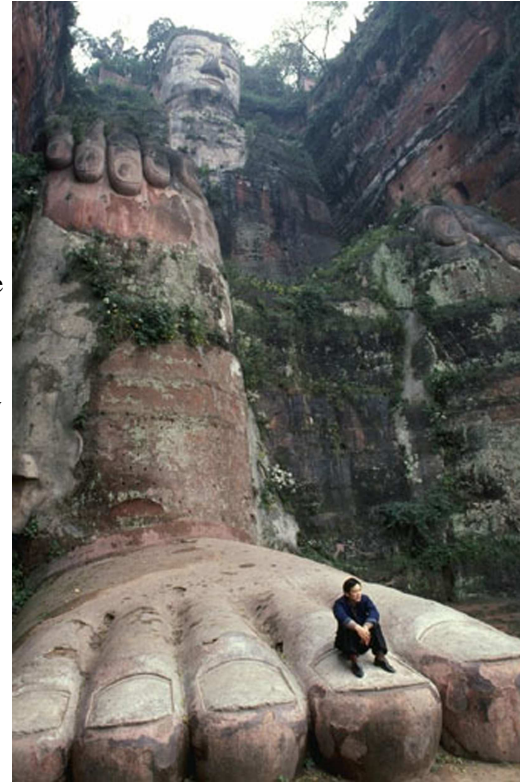
Morning drive to Bird's Nest and Water Cube, two sites in the 2008 Olympics, for pictures. Stop at a jade factory for a brief educational tour followed by lunch at a local farmer's restaurant. Proceed to the Great Wall in the Mutianyu area, a less-crowded and more authentic section of the Great Wall. A ride on a cable car avoids a very steep climb, bringing you to an area where you can walk along the wall, look through watch towers, and enjoy superb views of the Wall snaking across the hills and mountains. You can also take a wheeled toboggan ride down from the wall on a winding metal track. Wear good walking shoes and protection from the weather. Evening is at your leisure to explore Beijing, visit the Hard Rock Café or try a foot massage. (B.L)

### Tuesday, October 11, 2011

After breakfast at the hotel, visit the Baiyun Guan (White Cloud) Taoist Temple, the largest Taoist Temple Architecture of the All-True School in Beijing and home of the Chinese Taoism Association. Lunch will be at a Northeastern home-style restaurant. In the afternoon explore the fascinating "Hutongs" (neighborhoods) of Beijing, some dating back to the Yuan, Ming and Qing dynasties (1271 AD - 1911 AD). Your tour will take you through the best-preserved Hutong, which represent the history, culture and lifestyle of old Beijing. Evening flight to Chengdu. (CA1425, 5:00-7:30pm) (B.L.)

### Wednesday, October 12, 2011

Go on an extraordinary journey to the Panda Breeding Research Base this morning. A professional panda caregiver will explain panda research findings and everyone will have the rare opportunity to hold and hug a baby panda. Please note: additional fees are charged for holding the panda (USD 185.00 per person for holding a baby panda, and USD 64.00 per person for holding a big panda) and taking a picture with one. Afternoon trip to Leshan features a river cruise to view the 233 foot Giant Buddha of Leshan. Carved out of a hillside in the 8th century, the Giant Buddha is the largest Buddha in the world. Travel to Emei Mountain to spend the night. (B.L.D)



### Thursday, October 13, 2011

Today is spent touring Emei Mountain, one of Buddhism's holiest sites and renowned for its striking scenic beauty and ecological diversity. China's first Buddhist temple was built here in the 1st century AD and 76 additional temples were constructed over the years. We will explore Baoguo Temple which is set at the foot of the mountain. Baoguo monastery was built in the 16th century, enlarged in the 17th century, and rebuilt in recent years. Its 11.5 foot porcelain Buddha, made in 1415, is housed near the Sutra Library. Return to Chengdu for the evening. (B.L.D)

### Friday, October 14, 2011

Our cultural exploration of Chengdu begins with a morning visit to the Shu Embroidery Institute, to watch talented workers demonstrate this famous embroidery style. Known as the "treasure of Sichuan", Shu embroidery has combined fine artwork and practical usage since the Han Dynasty (206 BC). Take a stroll along Jin Li Street, known as the "first street" of the Shu Kingdom (221-226 AD) which has changed little since ancient times. After





a dinner of Sichuan cuisine, take an overnight train to Shiyang. (B.L.D.)

### **Saturday, October 15, 2011**

Arrive Shiyang in the morning. Transfer to Wudang Mountain. Covering an area of 321 square kilometers, Wudang Mountain is renowned for its magnificent ancient building complex and breathtaking natural landscape. In 1994, the Ancient Building Complex in the Wudang Mountain was listed by UNESCO as a World Heritage Site. Wudang Mountain gets its name for its rich Taoist culture.

Wudang Kung Fu, founded by Master Zhang Sanfeng, is a form of martial arts that is highly regarded in China—on par with the skills of the better known Shaolin monks. Created by martial arts exponent Zhang Sanfeng, it's still practiced by Taoist priests as part of their routine fitness and self defense exercises. This kung fu style has been honed to a fine art through the centuries, evolving into variations like Tai Chi and Ba Gua. (B.L.D.)

### **Sunday, October 16, 2011**

After breakfast, enjoy a full-day experience of Wudang Mountain. Visit Baixiaogong, Nanyan Temple and Jindian Temple. Nanyan Temple is a traditional Taoist temple with a 600-year history. It is listed as one of the important heritage sites under state protection. It is also the best palace where you can see the most beautiful scenery on the mountain. Jindian temple is at the top of Wudang Mount. First built in the Ming Dynasty, in 1416, it is the biggest architectural landmark made of bronze. Taichi practice in the evening. (B.L.D.)

### **Monday, October 17, 2011**

Breakfast, Wudang taichi training in the morning. After lunch transfer to Shiyang Train Station and take an express soft seat train to Wuhan (D5206 5:10 - 10:20 pm). Upon arrival in Wuhan, you will be met by our tour guide and transferred to the downtown hotel. (B.L.D.)

### **Tuesday, October 18, 2011**

Join the morning crowd and practice taichi with locals in the nearby park. After breakfast, tour the symbol of Wuhan: Yellow Crane Tower. First built in 223 A.D, Yellow Crane Tower is one of the four most famous towers in China. Ascending to the top of the tower, visitors will get a panoramic view of the Yangtze River, its bridge and the surrounding buildings. Our specially requested visit today is Wuhan University, one of the top ten universities in China and one of China's oldest higher learning institutions. We will visit a local family in the afternoon. Our last highlight today is a walking

and tasting tour of a local food street. Wuhan is a paradise for those who live to eat rather than eat to live. Wuhan snacks are famous throughout the country. (B.L.)

### **Wednesday, October 19, 2011**

Morning flight to Shanghai and transfer to Pudong Airport for your International departure flight. Arrive home the same day. (B.)



### **Optional Add-on Tour Shanghai**

#### **Wednesday, October 19, 2011**

Today you will start the day with a walking tour of Bund, where the great foreign commercial houses and banks built their imposing office buildings in the early 20<sup>th</sup> century. Then you will stroll along the Nanjing Road, which was considered one of the World's Seven Great Roads in the 1930s and always mentioned in travel guides as a must see. Lunch will be on your own as you stroll along Shanghai Xin Tian Di, which has become an urban tourist attraction that holds the historical and cultural legacies of the city. Dinner tonight will be Shanghai cuisine. (B.D.)

#### **Thursday, October 20, 2011**

Morning visit to Shanghai National Museum and Shanghai Arts & Crafts Institute. Become acquainted with the endearing children at the Children's Palace and meet the local people in People's Square. In the afternoon explore Old Town, Yu Garden and the Jade Buddha Temple. (B.L.D.)

#### **Friday, October 21, 2011**

Transfer to Pudong Airport for your flight to US. Arrive home the same day. (B)





**Terms & Conditions:** Tour cost inclusive of airfare round trip from New York based on double sharing: \$2990 per person.

**Single supplement:** \$720. **Land only rate:** \$2,100. Land only rate does not include transfers.

**Payment Schedule:** \$300 per person deposit payable to YYTA. Final payment due 8/15/2011.

**Not Included:** passport fee, visa fees (\$180), tips to drivers, guides, and tour manager. Meals not listed, alcoholic beverages with meals. Departure taxes, travel insurance, or other personal items.

**Cancellation Policy:** Final payment due 8/15/2011. Prior to 8/16/2011-Deposit minus \$200 pp administrative fee. Cancellation requires written notice. After 8/16/2011- No refunds. We strongly recommend travel insurance and will send information to you upon receipt of your reservation.

**Liabilities Clause:** Yin Yang Taichi Academy assumes no responsibility or liability for any injury, damage, loss and delay, due to an act, negligence or default of the tour guide, or any company or person engaged in transporting the passengers, or rendering any service, or carrying out the arrangements for any tour, or their agents and employees.



Hotel info:  
 Beijing: Zhong Kong International Hotel 011-86-10-85859999  
 Chengdu: Dynasty Hotel: 011-86-28-86618888  
 Wuhan: Mayflower Hotel: 011-86-27-68871588  
 Shanghai: Everbright International Hotel: 011-86-21-64842500

## RESERVATION FORM

Please complete, detach and return with deposit check payable to: Master Guangzhi Xing, 22E Andover Driver, West Hartford, CT 06110. Phone (860) 953-3388, Fax (860) 953-3388, E-mail info@Yinyangtaichi.com. www.Yinyangtaichi.com

Legal Name: \_\_\_\_\_ Phone (h) \_\_\_\_\_

Address: \_\_\_\_\_ Phone (w) \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Fax: \_\_\_\_\_

Single \_\_\_\_\_ Twin \_\_\_\_\_ Roommate: \_\_\_\_\_ E-mail: \_\_\_\_\_

Optional trip to Shanghai: Yes \_\_\_\_\_ No \_\_\_\_\_

Special Requests: \_\_\_\_\_

Emergency contacts: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_