

China Ancient Capitals with Kung Fu & Tai Chi Lessons - 11 Days

This 11-day tour features three ancient capital cities of China - Beijing, Luoyang and Xi'an. Moreover, you will take Kung Fu course in Dengfeng and learn Tai Chi in Chenjiagou, the birth place of famous Yang-style Tai Chi, which are best places for Kung Fu fans to experience traditional Chinese martial arts.

Date	Destinations	Attractions, Meals & Transport
1	Day 1 Beijing	 airport-hotel transfer in Beijing
2	Day 2 Beijing	 breakfast, lunch  Tian'anmen Square, Forbidden City , Temple of Heaven, a silk gift shop en route The Tian'anmen Square is the world's largest and renowned public square where many historical events once took place. The Forbidden City (UNESCO) is the imperial place where the emperors of the Ming and Qing Dynasties ruled for nearly 500 years (1420-1911). Experience the architectural splendor of the palaces, ceremonial courtyards, and private quarters. The Temple of Heaven (UNESCO), where ancient Chinese emperors made sacrifices to Heaven and prayed for bountiful harvests, demonstrates the supreme achievement of traditional Chinese architecture. Good to know: Usually the guide service for a full day tour is about from 9:00 to 17:00, and the evening time is on your own. If needed, your guide is happy to offer some tips or help you buy tickets for evening entertainment. Ideas for leisure time: If you are interested in Chinese Kung Fu, the Legend of Kung Fu is a good choice for tonight. It is stunning Kung Fu show with a great story line and martial arts skills.

3	Day 3 Beijing	 breakfast, lunch  Great Wall, Summer Palace , a cloisonné workshop en route The Great Wall is one of the most spectacular structures ever built by humans and is the only one visible from space. The Summer Palace (UNESCO) is the largest imperial garden in the world. Emperors of successive dynasties created a summer retreat of Chinese gardens and pavilions, around the tranquil waters of Kunming Lake. Ideas for leisure time: 1. Enjoy the Peking Duck dinner at time-honored restaurant - Quanjude or Bianyifang. The duck is characteristic with its crispy skin, tender meat and the fragrance from the fruit-wood. 2. Watch a breathtaking acrobatic show at Chaoyang Theater or Tiandi Theater.
4	Day 4 Beijing – Luoyang (by bullet train)	 hotel - train station transfer in Beijing, train station - hotel transfer in Luoyang.  breakfast
5	Day 5 Luoyang - Dengfeng (by automobile)	 private transfer from Luoyang to Dengfeng  breakfast, lunch  Shaolin Temple, Chinese Kungfu course Established in the 5th century, the Shaolin Temple (UNESCO) is world-famous for its connection with Chinese martial arts - Shaolin Kung Fu. China’s biggest pagoda forest also lies in Shaolin Temple, which is a concentration of more than 240 tomb pagodas for abbots and eminent monks of the temple. Coming up next is the best part you could ever imagine – a Chinese Kungfu course (2 hours). Here the Kungfu School is one of China’s greatest patrimonies sitting in tranquil mountains, the birthplace of Taoism, which will give you a picturesque and peaceful landscape for training mind and body.
6	Day 6 Dengfeng - Chenjiagou - Luoyang (by automobile)	 private transfer of Dengfeng/Chenjiagou/Luoyang  breakfast, lunch  Early in the morning, you'll take a car ride from Dengfeng to Chenjiagou, where Yang Luchan, the founder of Yang-style Tai Chi, became famous for never losing a match and never seriously injuring his opponents. Here you'll learn the story of how Yang refined his martial skill to an extremely high level, and ultimately came to be known as Yang Wudi (Yang the Invincible). Follow up next is the Chen Family Memorial, a holy place for another Tai Chi master, Chen Wangting. You'll then tour around the Tai Chi Art School, where you'll take an optional course of Chinese Tai Chi. Later, take a car ride to Luoyang.

7	Day 7 Luoyang - Xi'an (by bullet train)	 train station transfer in Luoyang, train station - hotel transfer in Xi'an.  breakfast, lunch  Longmen Grottoes The Longmen Grottoes is one of the Three Major Buddhist Grottoes in China. Carved 1500 years ago, the grottoes is the long-established art form which plays a significant role in the evolution of Buddhism in Asian. It has over 100,000 Buddhist images and statues inside.
8	Day 8 Xi'an	 breakfast, lunch  Museum of Terracotta Warriors and Horses, Big Wild Goose Pagoda, a ceramic & pottery workshop en route The Museum of Terracotta Warriors and Horses (UNESCO) is one of the greatest archaeological discoveries in the world. More than 6000 life-sized terra cotta warriors, archers, infantrymen, horses, and bronze chariots have silently guarded the tomb of China's First Emperor for over 2,200 years. The Big Wild Goose Pagoda, a Tang Dynasty landmark, is a seven-story pagoda initially constructed in 652 AD. One of the pagoda's many functions is to hold sutras and figurines of the Buddha that were brought to China from India by the Buddhist translator and traveler - Xuanzang. Ideas for leisure time: Enjoy a tasteful Dumpling Banquet followed by an exquisite traditional Tang Dynasty Show. Good to know: If you have an extra day in Xi'an, you could explore the Mount Hua and get impressed of its unique natural beauty. Or to take a day trip to Luoyang by bullet train and visit the Longmen Grottoes, one of the Three Most Famous Buddhist Grottoes in China.
9	Day 9 Xi'an - Shanghai (by air)	 airport transfer in Xi'an, airport - hotel transfer in Shanghai.  breakfast, lunch  Ancient City Wall The Ancient City Wall is one of the oldest city walls in China and still encompasses the center of Xi'an today.
10	Day 10 Shanghai	 breakfast, lunch  Yu Garden, Jade Buddha Temple, Shanghai Museum, Bund, a local gift shop en route Owing to its ingenious design in Ming and Qing dynasties, the Yu Garden becomes a real museum of Chinese ancient architecture. The Jade Buddha Temple is famous for its two precious jade Buddha statues brought from Burma, which are not only rare cultural relics but also exquisite artworks. The Shanghai Museum has a collection of 120,000 pieces of Chinese ancient treasures. The Bund, featured outstanding European colonial architectures, is full of new skyscrapers and historical buildings in the center of Shanghai. Ideas for leisure time: 1. Acrobatic Shows in Shanghai are known as the best in China. You can never imagine how exciting the show is. 2. Or you could take a Huangpu River Night Cruise which is the perfect way to enjoy the gorgeous night view of Shanghai.

11	Day 11 Shanghai Transfer: hotel - airport transfer in Shanghai Meals: breakfast Service ends.	 hotel - airport transfer in Shanghai  breakfast  Service ends.
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Tour Includes :

- Private tour guide
- Private air-conditioned car or coach
- Land transfers between airport or train station and hotel
- First entrance tickets as listed
- Chinese lunch as listed
- Centrally located hotels with breakfast
- Domestic flight ticket with taxes and train tickets (2nd class seat) as listed
- Service charge & government taxes

Tour Excludes :

- International flight
- Personal expenses such as laundry, drinks, phone bills, optional activities
- Tips for guides and drivers
- China Visa
- Travel insurance

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