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Beijing Highlights & Traditional Chinese Medicine Experience Tour - 5 Days

Discover the rich heritage of Traditional Chinese Medicine (TCM) while exploring Beijing's iconic landmarks. This 5-day tour combines the Great Wall, Forbidden City, and other cultural treasures with a full day of hands-on TCM experiences. Visit a traditional Chinese medicine center, learn about ancient wellness practices, enjoy a TCM consultation and traditional therapies, create herbal handicrafts, and savor a specially prepared herbal cuisine lunch. Explore how centuries-old Chinese medicine traditions continue to inspire modern lifestyles at Tong Ren Tang's Zhima Health No. 0 Store.

Tour highlights

Discover the heritage of Traditional Chinese Medicine: Visit Guoyihui, explore a traditional Chinese medicine center, and learn about TCM philosophy, diagnostic methods, and wellness practices.

Enjoy authentic TCM experiences: Take part in a traditional consultation and experience a selected wellness therapy under professional guidance.

Create your own herbal handicraft: Make a fragrant herbal sachet or another traditional herbal craft during an interactive workshop.

Taste traditional Chinese herbal cuisine: Enjoy a special lunch inspired by the Chinese philosophy of food and wellness.

Explore Tong Ren Tang's modern wellness concept: Discover how Chinese herbal traditions connect with contemporary products, drinks, and lifestyles.

Visit Beijing's cultural landmarks: Explore Tiananmen Square, the Forbidden City, Temple of Heaven, Mutianyu Great Wall, and Summer Palace.

Date	Destinations	Attractions, Meals & Transport
1	Day 1 Arrival in Beijing	 airport - hotel transfer in Beijing  Upon arrival in Beijing, you will be greeted by your local guide and transferred to your hotel. The rest of the day is free for you to relax after your journey or explore the surrounding area at your own pace.

2	Day 2 Beijing Forbidden City & Temple of Heaven	 breakfast, lunch  Start your day at Tiananmen Square, one of the most recognizable landmarks in Beijing and an important site in China's modern history. Continue to the Forbidden City, also known as the Palace Museum, which served as the imperial palace of the Ming and Qing dynasties for nearly 500 years. Walk through its magnificent courtyards and grand ceremonial halls, and discover the architecture, traditions, and daily life of China's imperial court. In the afternoon, visit the Temple of Heaven, another UNESCO World Heritage Site where emperors once performed elaborate ceremonies to pray for good harvests. Admire the Hall of Prayer for Good Harvests and explore the traditional Chinese cosmological beliefs reflected in the temple complex's design.  Optional Experience: Tonight, you may choose to savor an authentic Peking Duck dinner, a world-famous imperial delicacy featuring perfectly roasted, crispy-skinned duck served with traditional condiments.
3	Day 3 Beijing Great Wall & Summer Palace	 breakfast, lunch  Begin your day at the magnificent Mutianyu Great Wall, one of the best-preserved sections of the Great Wall of China. Surrounded by forested mountains, this remarkable architectural wonder offers beautiful scenery and an opportunity to walk along ancient fortifications that once protected China's northern frontier. Continue to the Summer Palace, a UNESCO World Heritage Site and one of China's finest examples of imperial garden design. Explore the landscape of lakes, temples, bridges, and traditional pavilions. Admire Kunming Lake and Longevity Hill while discovering how Chinese emperors combined architecture and nature to create a peaceful imperial retreat. 

4	Day 4 Beijing Traditional Chinese Medicine & Wellness Experience	 breakfast, lunch  Today, immerse yourself in the world of Traditional Chinese Medicine (TCM), an ancient system of health and wellness deeply rooted in Chinese culture. Morning: Discover traditional Chinese medicine at Guoyihui Begin your experience at Guoyihui, a traditional Chinese medicine center in Beijing. Explore the facilities and learn about the history, philosophy, and cultural significance of TCM, which has developed over thousands of years. Discover concepts such as yin and yang, the five elements, and meridians, as well as traditional approaches to understanding the relationship between the body and its environment. Take part in a traditional TCM consultation with a practitioner and learn about diagnostic methods such as pulse assessment and tongue observation. Discover how these practices are traditionally used to understand individual health characteristics. Continue with one selected TCM wellness therapy under professional guidance, such as tuina massage or another suitable practice confirmed in advance. Herbal handicraft workshop & wellness cuisine Take part in a hands-on workshop to create your own traditional herbal handicraft, such as a fragrant herbal sachet. Learn about the cultural uses of aromatic herbs and make a souvenir to take home. At lunchtime, enjoy a specially prepared Chinese herbal cuisine meal inspired by the concept of <i>Yao Shi Tong Yuan</i>, meaning “food and medicine share the same origin.” Discover how selected ingredients and seasonal foods are incorporated into Chinese culinary culture.   
5	Day 5 Tong Ren Tang's Zhima Health No. 0 Store & Departure	 Beijing Daxing International Airport transfer  breakfast  After breakfast and hotel check-out, visit Tong Ren Tang's Zhima Health No. 0 Store in Beijing's Daxing District. Explore how the centuries-old heritage of Traditional Chinese Medicine is reimagined for modern life. Discover a creative range of herbal-inspired products, from aromatic fragrances and baked goods to herbal teas, and contemporary wellness products. Learn how traditional ingredients are incorporated into food, beverages, personal care, and everyday lifestyle products. After the visit, transfer to Beijing Daxing International Airport for your departure flight. End of service.   

Frequently asked questions

What is included in the Traditional Chinese Medicine experience?

The experience at Guoyihui includes a guided cultural visit, an introduction to TCM, a traditional consultation, one selected wellness therapy, a herbal handicraft workshop, and a herbal cuisine lunch. On Day 5, visit Tong Ren Tang's Zhima Health No.

0 Store to explore modern Chinese herbal wellness culture before transferring to Beijing Daxing International Airport.

Do I need previous knowledge of TCM?

No. The experience is designed for international travelers interested in Chinese medicine and culture. Your guide and local practitioners will introduce the concepts and practices in accessible language.

What traditional therapies can I experience?

One selected TCM wellness therapy, such as tuina massage, is included. The exact practice is subject to professional assessment, availability, and advance confirmation.

Is the TCM consultation a medical examination?

The consultation introduces traditional diagnostic methods, such as pulse assessment and tongue observation. It is part of a cultural and wellness experience, not a replacement for comprehensive medical assessment or medical care.

What is Chinese herbal cuisine?

It is a culinary tradition inspired by the relationship between food and wellness. Please advise us of any food allergies or dietary restrictions in advance.

What can I experience at Tong Ren Tang's Zhima Health No. 0 Store?

Explore how centuries-old Traditional Chinese Medicine (TCM) traditions are integrated into modern lifestyles. Discover a creative range of herbal-inspired products, including fragrances, baked goods, herbal teas, and wellness products, while learning about Tong Ren Tang's rich heritage and innovative approach to Chinese herbal culture.

Can I customize the itinerary?

Yes. CITS offers tailor-made travel services to suit your interests and preferences. Whether you wish to explore more attractions in Beijing, extend your stay, or visit other destinations across China, we can help you create a personalized itinerary.

Tour Includes :

- Private airport or railway station arrival and departure transfers.
- Private air-conditioned transportation throughout the scheduled itinerary.
- English-speaking local guide for scheduled sightseeing and cultural experiences.
- Entrance fees to attractions listed in the itinerary.
- 4 nights of hotel accommodation with daily breakfast.
- Traditional Chinese Medicine cultural visit at Guoyihui, including cultural introduction.
- One TCM consultation and one selected traditional wellness therapy experience.
- Hands-on traditional herbal handicraft workshop.
- Lunch on Days 2–4, including a traditional Chinese herbal cuisine lunch on Day 4.
- Guided visit to Tong Ren Tang's Zhima Health No. 0 Store on Day 5.

Tour Excludes :

- International and domestic flights, train tickets, and Chinese visa fees, if applicable.
- Meals not specified in the itinerary.
- Additional TCM consultations, treatments, medicines, or wellness services beyond the scheduled experiences.
- Optional activities and services not specified in the itinerary.
- Personal expenses, including shopping, laundry, telephone charges, and tips for guides and drivers.
- Travel and medical insurance.

About Shopping or No-shopping Tours

Since October, 2013, CITS offers truly alternative prices of tours with or without shopping. Exceptionally, some tours only have one type price, such as seat-in-coach, hiking, self-driving and luxury tours, etc. [Click here know more details.](#)