

Wudang Mountain Taiji Tour - 5 Days

This 5-day Taiji tour will definitely give you new release from pressure and make balanced achievement between you and nature! You can learn more about Daoism, practice Taiji from masters, and feel the inner peace in historical and beautiful Wudang Mountain.

Date	Destinations	Attractions, Meals & Transport
1	Day 1 Wudang Mountain	<div><ul style="list-style-type: none">Upon arrival at the train station of Shiyan City, meet your guide and transfer to the hotel.<p>Known as the most famous Taoist holy mountain in China, the Wudang Mountain was listed by UNESCO as a World Cultural Heritage Site in 1994.</p><p>Meals: dinner</p><p>Accommodation: small town close to the Wudang Mountain Scenic Area</p><ul style="list-style-type: none">In the morning, take a car ride to the Wudang Mountain Scenic Area.<p>Firstly, you will visit the Yuxu Palace, appreciating the aesthetic of ancient Chinese architecture under the mystery of Daoism.</p><p>Head to the Prince Slope, where to enjoy the splendid view from the slope peak and experience tea art in Chinese flavor.</p><p>Then, visit the Purple Heaven Palace, many frescos and glass carvings are preserved well in the palace. This place is the biggest Taoism execution ground in China. It is a good chance to study Taoism from masters and sit in meditation with comfort music and peace atmosphere.</p><p>Taiji lesson: 2 hours</p><p>Meals: breakfast, lunch, dinner</p><p>Accommodation: hotel in the Wudang Mountain Scenic Area</p></div>
2	Day 2 Wudang Mountain	<div><div></div><ul style="list-style-type: none">In the morning, practice Taiji under the guidance of the master.<p>Continue to climb up to the Golden Summit and overlook the Wudang Mountain from the top. Visit the Plum Memorial Temple, the Little Wudang, the Yellow Dragon's cave, and the Looking Skyward Palace along the way.</p><p>Later, explore the Happy Valley along the stream. Happy Valley is another water-nearing rite of Taoism. Practice Taiji at Yuxu Cliff, where used to be the rite for saints Lao-tzu and Zhuangzi.</p></div>

Taiji lesson: 2 hours
Meals: breakfast, lunch, dinner
Accommodation: hotel in the Wudang Mountain Scenic Area

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Day 3 Wudang Mountain



- In the morning, practice Taiji under the guidance of the master.
Then, visit the most magnificent cliff, **South Cliff Palace** in the Wudang Mountain.
Stop at **traditional Chinese medical hospital** en route.
After lunch, **Wudang Taoism Kung Fu Academy** is waiting for your visit. You can express your personal feelings and confusions about Taiji and masters here would love to guide you with all effort.

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Day 4 Wudang Mountain

Taiji lesson: 2 hours
Meals: breakfast, lunch, dinner
Accommodation: small town close to the Wudang Mountain Scenic Area

- Today, transfer to the train station for your departure.
Service ends.
Meals: breakfast

**Price upon request****Tour Includes:**

- English-speaking tour guide service
- Land transfers between railway station and hotel
- 4 nights' accommodation on twin-room sharing basis
- Breakfast, lunch and dinner as listed
- Entrance ticket for the scenic area.
- Taiji lessons as listed

Tour Excludes:

- Cable car ticket of the scenic area
- Flight or train ticket
- Personal expenses such as laundry, drinks, phone bills, optional activities
- Tips for guides and drivers
- Chinese Visa
- Travel insurance

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