

**15 DAY CHINA JOURNEY**  
**DEEP INTO HISTORY, CULTURE, HEALTH AND SACRED MOUNTAINS**  
**September 10 – September 24, 2011**

This exciting and unusual journey to China will be led by Master Liu Xiao Ling, who will be assisted by his student, Angie Huang. Master Liu and Angie both grew up in China and are experienced travelers throughout China. They will take you to some of China's most famous destinations, as well as to less traveled gems difficult to reach on your own. Throughout the journey, you will visit locales and see sights where events took place that have shaped China's history, culture and philosophy. You will also have the opportunity to learn and practice Tai Chi movements, the Five Animal Frolics Qigong and other exercises, and participate with Master Liu as he meets and interacts with other practitioners of these arts and disciplines in China.

**Highlights:**

**Beijing:** the Great Wall, the Forbidden City, the Temple of Heaven, the Summer Palace;

**Xi'an:** Terra Cotta Warriors, the Big Wild Goose Pagoda, Muslim Street and the Grand Mosque;

**Mount Hua:** Origin of Taoism, traditional Chinese medicine, even the name of China;

**Wudang Mountains:** Sacred Mountains of Taoist and martial arts practices, famous of Tai Chi Quan;

**Wuxi:** A city built 3,000 years ago on the shore of Lake Tai with beautiful scenery and historical sites;

**Shanghai:** the most dynamic metropolis in China;

**Day-by-day itinerary:**

**Day 1 Departure from USA**

We fly across International Dateline. Arrive in Beijing the next day. Beijing has been the capital of China since the 13<sup>th</sup> century and was the capital of earlier Chinese states dating back to the 5<sup>th</sup> century BCE.

**Day 2 Arrival in Beijing**

Upon arrival, we will be greeted and transferred to the locally managed 5\* [Jade Palace hotel](#). If time permits, we stroll along the famous Tian An Men Square and Qian Men Pedestrian Shopping Streets. We will venture out on our own before we go to the hotel and get rid of our jetlag.

**Day 3 Beijing (B, L, D)**

In the morning, we visit the Forbidden City. Built in 1406, it was the imperial palace for over 500 years. We then visit Jinshan Park where we will have a bird's eye view of the world's largest surviving palace. We lunch at the Bird Nest Restaurant with a panoramic view of this masterpiece of Olympic Architecture. In the afternoon, we visit the Temple of Heaven. Built in 1406, it was where the emperors prayed and retreated. You may practice Tai Chi, learn the Five Animal Frolics Qigong with Master Liu, or just relax and enjoy this magnificent park. In the evening, we will dine at Pure Lotus, a high-end vegetarian restaurant.

**Day 4 Beijing (B, L, D)**

Some tour members will visit the birth place of Master Fu Jian Qiu in Tianjin Ninghe County. Some tour members will continue touring Beijing, including a visit to Yong He Gong, the Buddhist Lama Temple, the Taoist White Cloud Temple, the Beihai Park, and Hutong Rickshaw tour with lunch\* included. In the evening, all members will meet again in the hotel lobby and go out for a Peking duck dinner.

**Day 5 Beijing – Xi'an (B, L\*, D)**

Highlight of the tour is the Great Wall in the morning followed by the Summer Palace with boat ride on Kunming Lake in the afternoon. Again, you may practice Tai Chi and Qigong with Master Liu in this summer resort of the royal family, or just stroll in the park leisurely and enjoy the beautiful scenery. In the evening, we will enjoy a new style imperial dinner at an imperial courtyard. After dinner, we will take an overnight train with sleeping compartments, destination: Xi'an.

**Day 6 Xi'an (B, L, D)**

In the morning, our train arrives in Xi'an, the ancient capital of China for two thousand years from 1046 BCE to 907 CE, of the earliest dynasties of Zhou, Qin, Han, Sui and Tang. After arrival, we visit the best preserved ancient city wall in the world. You may practice martial arts or just walk around on top of the wall to take in the view of the city. In the afternoon, we visit the Big Wild Goose Pagoda, a Buddhist pagoda built in 652 during the Tang Dynasty, and then we visit the Terra Cotta Warriors Museum where an entire Terra Cotta army was built, starting in 246 BCE, to guard the tomb of the First Emperor of China. In the evening, we will enjoy a dazzling Tang Dynasty show at Shanxi Grand Theater with dumpling dinner. We will stay at the 5\* [Grand Noble Hotel](#).

**Day 7 Xi'an - Huashan (B, L, D)**

Today, we visit the wonderful mausoleum of the Western Han emperor Liu Qi and his wife, and the Gao Mansion, a well-preserved Ming Dynasty residence and winner of the 2002 UNESCO Asia-Pacific cultural heritage preservation award. We then stroll along the Muslim streets and visit the Great Mosque. Built in 742, the Mosque is still used by Chinese Muslims as a place of worship. (You will find that unlike most mosques in Arab countries, the Great Mosque of Xi'an is completely Chinese in its construction and architectural style, with neither domes nor traditional-style minarets.) In the afternoon, we drive 120 km, about 3 hours, to Huashan, or [Mount Hua](#). It is one of China's Five Sacred Taoist Mountains and has a long history of religious significance. Mt. Hua is famous for many legendary hermits and retreaters, including Laozi, the founder of Taoism, who lived in 6<sup>th</sup> century BCE; Hua Tuo (d. 208) who was famous for his skill in traditional Chinese medicine and developed the Five Animal Frolics Qigong, or Wuqinxi, by studying movements of the tiger, deer, bear, monkey, and crane; and Chen Tuan (also Chen Xiyi), an achieved Taoist master of the 10<sup>th</sup> century who founded Liu He Ba Fa. We may practice the Five Animal Frolics Qigong with Master Liu or watch a demonstration of Liu He Ba Fa. We will stay at 3\* Lotus Flower Resort at the foot of the mountain.

**Day 8 Huashan (B, L, D)**

Still overlooked by most tour organizers, Huashan has historically been a place of retreat for hardy hermits, whether Taoist, Buddhist or other. Access to the mountain was deliberately available only to the strong-willed, or to those who had found "the way". The inherent danger of many of the exposed, narrow pathways with precipitous drops gave the mountain a deserved reputation for danger. We will take a cable car up (and later down) Huashan. Please note that after the cable ride, there is still strenuous climbing required, with narrow and steep steps, in order to visit the various peaks, and to enjoy the vista from one of the mountain top teahouses. We also visit Yu Quan Yuan (玉泉院) where the stone statue of Chen Tuan, the founder of Liu He Ba Fa, is located.

**Day 9 Huashan – Wudang Mountains (B, L, D)**

After breakfast, we take a coach ride to [Wudang Mountains](#). After lunch, we change to Eco-bus to go up

the mountains. Later, we meet with the Wudang Mountain Taoist representatives and learn the life and practices of Taoism, Chinese martial arts and traditional Chinese medicine in the Wudang Mountains. We will check in at the 3\* Nine Dragon Resort, the best hotel on the mountain with spectacular views.

Wudang Mountains were known for the many Taoist monasteries, the teachings and practices of meditation, Chinese martial arts, traditional Chinese medicine, Taoist practices and related arts. The palaces and temples in Wudang contain Taoist buildings from as early as the 7th century. They represent the highest standards of Chinese art and architecture over a period of nearly 1,000 years. The monasteries and buildings were made a UNESCO World Heritage Site in 1994.

#### **Day 10 Wudang Mountains (B, L, D)**

After breakfast, we take a cable car up and down the Golden Peak, visit the Golden Hall Temple. After lunch, we visit the Taizipo (Prince Hill) area. Later, we meet with the Wudang Mountain Lineage holders of Wudang Longmen Pai and Master Liu and his students exchange the practices and the arts of the Wudang Longmen Pai style. For those of us who are not practitioners of Chinese martial arts, we can just relax and watch the performances.

#### **Day 11 Wudang Mountains (B, L, D)**

After breakfast, we visit the Nanyan Temple and the Purple Cloud Temple. In the afternoon, we continue to explore more about the lives of the Wudang Taoists and may immerse ourselves in the experiences of meditation, traditional Chinese medicine, Qigong, Tai Chi, calligraphy, photography or hike more and find some old treasured swords in the shops.

#### **Day 12 Wudang Mountains – Wuhan - Wuxi (B, L, D)**

After breakfast, we drive 5 hours to Wuhan. If time permits, we will visit the famous Yellow Crane Tower. After lunch, we drive to airport for the afternoon flight to Wuxi. Upon arrival in Wuxi, we check in at the 5\* [Wuxi Juna Hubin Hotel](#) overlooking the Lake Lihu.

#### **Day 13 Wuxi (B, L, D)**

Built on the shore of Lake Tai with beautiful scenery, Wuxi earned its nickname "Pearl of Lake Tai". Founded by two princes 3,000 years ago, Wuxi exemplifies the southern Wu culture of China with unique food and interesting historical sites. Our tour of Wuxi will include a boat ride on Lake Tai, the Lingshan Temple, Li Garden and Wuxi Clay Figurine Factory. We will also meet with local martial artists of Fu Jianqiu lineage.

#### **Day 14 Shanghai (B, L, D)**

After breakfast, we drive 2 hours to Shanghai, the most dynamic metropolis in China. First, we visit the Shanghai Museum with an audio tour machine, followed by a stroll along the trendy streets of Xintiandi and Tianzifan, and then trips to the shopping streets for last minute bargains for family and friends. We have our farewell dinner at Xiaonanguo Restaurant where we will enjoy the night view of the Bund. Later you can walk along the Bund or visit local jazz bars and enjoy the night life of the city (optional). We will stay at the 5\* locally managed Ocean Hotel ([www.oceanhotel.sh.cn](http://www.oceanhotel.sh.cn)) with a revolving restaurant at the top overlooking the Huangpu River.

#### **Day 15 Shanghai departure (B)**

Transfer to airport and fly to your next destination.

## **What's Included**

### **Accommodations (12 nights) with daily all-you-can-eat buffet breakfast:**

7 Nights in 5 star hotels in the cities and 5 Nights in 3 star mountain resorts

**Meals and Beverages:** 12 lunches and 12 dinners specified in the Itinerary

**Domestic Airfares with Airport Taxes:** Wuhan to Wuxi

**Overnight Train with Sleeping Compartments:** Beijing to Xi'an

**All Transfers in China:** Air-conditioned Long-distance Tour Bus ride from Xi'an to Huashan, Huashan to Wudang Mountains, Wudang Mountains to Wuhan and Wuxi to Shanghai; all tours specified in the Itinerary; all airport to hotel and hotel to airport transfers

**Admissions fees and Cable Lift fees:** for all tours specified in the Itinerary

**Entertainment:** Tang Dynasty show at Shanxi Grand Theater

**Tour guides:** English speaking tour guides at each destination and tour.

## **What's NOT Included**

### **International flights from the US to China**

Travel insurance

Visa fees

Alcoholic beverages, and meals or beverages not specified in the Itinerary

Tips to local guides, coach drivers and bellhops

Optional excursions

## **Cost**

Double Occupancy: US\$2300 per person

Single Occupancy Supplement: Add US\$400

Tour members traveling to Tianjin on day 5: Add US\$50 per person

## **International Flights (NOT Included)**

The group fare for international flights between DC and China on United Airlines currently costs more than the individual fare. For your reference, the international flight information is:

Depart Washington Dulles on Sep 10, 2011 on United# 897 at 12:19 pm, arrive Beijing Sep 11 at 2:20pm

Depart Shanghai Pudong on Sep 24, 2011 on United#836 at 3:55 pm, arrive Chicago OHare at 4:25pm

Depart Chicago OHare on Sep 24, 2011 on United# 990 at 6:00 pm, arrive Washington Dulles at 8:51pm

It may be possible to fly on other airlines with lower fares, or fly round trip to Beijing (Check with Angie)

## **Payment**

Pay US\$300 Non-Refundable Deposit to hold spot upon Registration

Pay US\$1000 by May 1, 2011

Pay US\$1000 by June 1, 2011

Pay the full international fare by July 1, 2011 if booked the group fare

## **Registration and Questions**

Please contact Angie: [gallery500@yahoo.com](mailto:gallery500@yahoo.com) or 240-888-9899.

The maximum number of registrants is limited to 30.