

18th Annual Great China Adventure!

All-inclusive tour with Dr. Xiping Zhou!
Tour Dates: August 14th - 28th, 2018
Beijing/Xian/Chengdu/Guilin/Suzhou/Shanghai

Come explore and experience the rich culture of ancient and modern China in this fifteen day tour with Dr. Xiping Zhou, a native and expert of Chinese culture and Traditional Chinese Medicine!

Informational Meeting (pre-registration required): Sunday, February 25th, 6:00pm. Location: East-West Healing Arts Institute, 6425 Normandy Ln, Madison, WI 53719.

For information meeting registration or inquiries: Visit www.ChinaDelightTour.com; or contact Dr. Zhou at drxzhou@gmail.com or call 608-236-9000.

Itinerary:

Information is based on current rates and transportation schedules, which may be subject to minor changes before or during the tour. All hotel names listed are high quality five star hotels and any unexpected reservation changes will be made with a similar high quality hotel.

August 14 (Day 1): Depart from O'Hare International Airport in Chicago. Fly to Beijing, crossing the International Date Line.

August 15 (Day 2): Arrive in Beijing

Arrive in historic Beijing, capital of Peoples' Republic of China. Meet our guide at the airport and check in to the Beijing Lake View Hotel to rest. Dinner at local restaurant if the flight is not too late.

August 16 (Day 3): Beijing

Breakfast at the hotel. Tour of Beijing, including a stop and stroll along the Tiananmen Square, and from here, walk directly to visit the Forbidden City, the imperial palace of 24 Ming and Qing Dynasty emperors. In the afternoon, we will visit the Hutongs, an old residential area, take a rickshaw ride, visit a local tea house, and see Jingshan Park, Houhai, and Nanluoguxiang. Lunch and dinner will be enjoyed together at a local Chinese restaurant, and the group will attend a Chinese Kungfu Show in the evening.

August 17 (Day 4): Beijing

Breakfast at the hotel. Visit The Great Wall of China, a major icon of ancient Chinese civilization and one of the greatest architectural feats in history. Climb the wall as much or as little as desired and enjoy breath-taking views. Enjoy lunch at a Cloisonne factory and stroll through the 2008 Beijing Olympic Village. In the afternoon visit the Bird's Nest & Water Cube (outside the facility for a photo opportunity) and enjoy a traditional foot massage at a Traditional Chinese Herbal Pharmacy Store. In the evening, feast on a Peking duck dinner at the Quanjude Restaurant (Fangzhuang Branch).

August 18 (Day 5): Beijing/Xian

Breakfast at the hotel. In the morning we will visit the Temple of Heaven, a sacred complex of buildings where ancient emperors worshipped the heaven and prayed for a good harvest. In the afternoon we will have lunch at a local Chinese restaurant and travel via high-speed bullet train to one of the oldest cities in China, Xian (G87, 1400/1820). Considered the cradle of Chinese civilization, Xian was the state capital for 73 emperors spanning 11 dynasties for 1,110 years, dating from 4000 B.C. Upon arrival, we will be introduced to our Xian guide and check in to the Xian Grand Noble Hotel. Dinner will be shared at a local Chinese restaurant.

August 19 (Day 6): Xian

Breakfast at the hotel with a full day tour of Xian. In the morning we will visit the Xian Ancient City Wall, one of the oldest and best preserved city walls from the dynasties. Later, we'll visit a Jade Carving Workshop, which will provide an opportunity to learn Chinese jade culture and purchase some quality jade merchandise.

Afterward, we will proceed to the massive Terra Cotta Soldiers & Horses, which is referred to as one of the "8th wonders of the world", and one of the most exciting archeological findings in the 20th century. Examine numerous pits of these intriguing life-sized terra cotta figures that date back to more than 2200 years ago. Return to the hotel in the evening to take in a fantastic Tang Dynasty dinner and show at the Tang Theater.

August 20 (Day 7): Xian/Chengdu

Breakfast at the hotel. Tour the Giant Wild Goose Pagoda, and the Hanyang Tomb and Museum. Lunch and dinner will be shared at a local Chinese restaurant. Travel to the airport for a short flight to Chengdu (3U8320, 2145/2320), one of the most important and bustling cities in Western China. Upon arrival, meet and check in to the Sofitel Chengdu Taihe Hotel.

August 21 (Day 8): Chengdu

Breakfast at the hotel. Visit Dujiangyan Panda Center, the world's premiere panda conservation, education, and breeding center, which is situated on 126 acres of vast bamboo forest. In the afternoon visit nearby Jiezi, meaning "Small Street", which is a quaint, ancient town nestled in the mountains. Explore historic relics, caves, and temples or simply unwind in one of the many tea houses. Lunch and dinner will be shared at a local Chinese restaurant.

August 22 (Day 9): Chengdu/Guilin

Breakfast at the hotel. Explore the greenery and gardens in People's Park. Travel to the airport for a flight to Guilin (SC4764, 1145/1325). Upon arrival, visit Elephant Trunk Hill, a landmark natural landscape attraction that resembles an elephant drinking water. Share lunch and dinner together at a local restaurant. Stay overnight at Guilin Lijiang Waterfall Hotel.

August 23 (Day 10): Guilin

Breakfast at the hotel. Enjoy a 4 hour leisurely cruise along Li River while taking in the breathtaking landscape. A casual lunch will be served on the boat. Disembark at Yangshuo town in the early afternoon to meander the streets and explore the local market. Drive back to Guilin to visit the Reed Flute Cave and pearl studio, with dinner at a local Chinese restaurant.

August 24 (Day 11): Guilin/Shanghai/Suzhou

Breakfast at the hotel. Travel to the airport for a flight to Shanghai (FM9380, 1025/1300) and then drive to Suzhou. Check in to the Pan Pacific Suzhou Hotel. The group will meet for dinner at a local Chinese restaurant.

August 25 (Day 12): Suzhou

Breakfast at the hotel. Full day tour of Suzhou, which is known as the Garden City of China, the "oriental Venice" for its water canals, and the "silk city" for its exceptionally fine quality silk. Visit the beautiful Humble Administrator's Garden, Suzhou Museum, and Suzhou's No. 1 Silk Factory, where we will learn how silk is made in the area and be shown a variety of exquisite silk products, all of which will be available for purchase. Have lunch and dinner at a local Chinese restaurant.

August 26 (Day 13): Suzhou/Shanghai

Breakfast at the hotel. Drive to Shanghai, a densely populated, shining powerhouse of modern China. Enjoy glimpses of what makes this bustling metropolis one of the most influential and inspiring places in the world. Take in the architectural beauty surrounding the Bund waterfront, do some high-end shopping on the infamous Nanjing Road, and view ancient Chinese artifacts in the world class bronze covered Shanghai Museum. The group will meet for lunch and dinner at any number of international Chinese restaurants in the area. Enjoy the ERA Acrobatic Show in the evening. Stay overnight at the Shanghai Sunrise on the Bund Hotel.

August 27 (Day 14): Shanghai

Breakfast at the hotel. In the morning, visit the former French concession at "Xintiandi" and tour a dynamic Traditional Chinese Medicine hospital to get a first-hand glimpse of Chinese medical massage techniques and applications. Savor lunch with the group at a local Chinese restaurant and then enjoy some free time bargain shopping in the city center or exploring Shanghai on your own. The group will meet for a bitter-sweet farewell dinner at Xianqiangfang Restaurant.

August 28 (Day 15): Shanghai/Departure

Breakfast at the hotel. Tour the extravagant 40-room Shanghai Children's Palace, which is currently used as a center for gifted students in art, music, and dance. Travel to the airport for our departure flight.