

# Eleventh Great China Adventure

Fourteen-day tour: December 28 – January 10

With Dr. Xiping Zhou, expert in Chinese culture and medicine

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**Day 1/12-28 / Thursday** Fly from Chicago via United Airlines to Beijing.

**Day 2/12-29 / Friday** Arrive in Beijing, China's capital city – population 11 million! Our guide will meet you at the airport on your arrival and take you to the premiere 4-star hotel. Welcome dinner.

**Day 3/12-30 / Saturday** American breakfast (ABF) in hotel. Tour and study TuiNa in Beijing capital. hospital Dinner in the city will be a special Peking Duck banquet. In the evening, you will enjoy Shaolin Kung Fu performance.

**Day 4/12-31/Sunday** American breakfast (ABF) in hotel. Study whole body TuiNa routine in TCM technical school. Evening receive whole body TuiNa massage (fees not included).

**Day 5/1-1/Monday** ABF in hotel. Continue study whole body TuiNa routine in TCM technical school.

**Day 6/1-2/Tuesday** ABF in hotel. Continue study whole body TuiNa routine in TCM technical school. Study Acupressure Foot Massage.

**Day 7/1-3/ Wednesday** ABF in hotel. Climb the Great Wall and visit famed herbal pharmacy. Take bus to Suzhou, the beautiful Garden City. Check into The Glamour Hotel.

**Day 8/1-4/Thursday** ABF in hotel. Tour of historic Beijing, including a trip to Tiananmen Square. From there, it's a short walk to the Forbidden City, the palace of 24 Ming and Qing Dynasty emperors. Afternoon, first class train ride to Shanghai.

**Day 9/1-5/Friday** AM take shuttle or train to Suzhou. Spend the day touring Suzhou to visit the splendid Lingering Garden Enjoy the ancient beauty of Tiger Hill, with its 1,500 year old "leaning" pagoda. Stop at a silk factory and learn how this luxurious fabric is produced. Stay in the Five Star Glamour Hotel.

**Day 10/1-6/Saturday** AM ABF in hotel. Take tour van to Hangzhou and visit Western Lake. ABF in hotel. Lunch and dinner served at a local restaurant. Enjoy the incredible feats of the Shanghai Acrobatics show. Stay overnight at a premier four star hotel.

**Day 11/1-7/Sunday** ABF in hotel. Take bus to Shanghai. Marvel at the beauty of the Huang Po Bund, 2 mile long beachfront along Pacific Ocean, Tour Nanjing Road. Sightseeing in Shanghai includes Jade Temple, the old town, and more. Free time in the morning until transfer to airport in the afternoon for flight back to United States.

**Day 12/1-8/Monday** ABF in hotel. Visit Jade Garden. Tour the Yu Garden. In the afternoon go shopping on the old town.

**Day 13/-9Tuesday** Tour and study in TCM Hospital.

**Day 14/1-10/Wednesday** AM ABF in hotel. Late morning take bus to Shanghai airport. Fly back to home in the PM.