

American Alternative Healthcare Center's 2007

Tenth Great China Adventure

Sixteen-day tour: August 2 – August 17

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

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Day 1 – 8/2/07 Fly from Madison, Wis. or Chicago via United, Northwest or American Airlines to Beijing.

Day 2 – 8/3/07 Arrive in Beijing, China's capital city – population 14 million! Our guide will meet you at the airport on your arrival and take you to 5* Presidential Plaza Hotel. Dinner provided, if your arrival time is not too late.

Day 3 – 8/4/07 American breakfast (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. Lunch. Afternoon, visit the Temple of Heaven, where emperors worshipped heaven and prayed for good harvest. See a spectacular live Shao Lin Wu Shu Kung Fu show. Lunch/dinner at local restaurant.

Day 4 – 8/5/07 ABF in hotel. Full-day tour outside Beijing. Tour the Tongrentang Herbal Pharmacy, and receive a health assessment. Climb the Great Wall. Lunch. Dinner in the city will be a special Peking Duck banquet. Rest at hotel.

Day 5 – 8/6/07 ABF in hotel. Fly to Xi'an. Lunch in Xian, then visit the Wild Goose Pagoda and the ancient city wall. Check in at the five-star Sheraton Hotel. For dinner, feast on a splendid assortment of dumplings.

Day 6 – 8/7/07 Breakfast in hotel. Xi'an, the cradle of Chinese civilization, was the state capital for 73 emperors spanning 11 dynasties for 1,110 years dating from 4000 B.C. Visit one of the wonders of the world: the Terra Cotta Warriors. Concealed under the earth 2,200 years ago, these thousands of life-sized clay warriors, horses, and chariots, part of the Tomb of Emperor Qingshihuang, were accidentally discovered by a farmer while he was digging a well. In the evening, see a wonderful stage show of the Tang Dynasty Dinner/Show. Stay in Sheraton Hotel.

Day 7 – 8/8/07 Fly to Guilin & arrive for lunch. Later in the day a brief city tour of Guilin and then a visit to the 240-meter-long Reed Flute Cave created millions of years ago from carbonate deposition. Walking through the serried stone pillars, tourists feast their eyes on changing spots, feeling they are in a paradise where the Gods live. Dinner at a local restaurant. Evening stay at premier 5 star hotel.

Day 8 – 8/9/07 ABF in hotel. All day cruise on the 290 mile long green silk ribbon Li River. Explore the natural beauty of the spirit of Elephant Trunk Hill, the result of limestone deposits left around 3.6 million years ago. At night stay in Yangshuo village, where former American president Jimmy Carter visited while he stayed in nearby provincial capital of Guilin. For centuries Chinese poets and painters have immortalized the region's strange beauty.

Day 9 – 8/10/07 Fly to Chongqing. Visit the City Hall and People's Square. Enjoy a Hot Pot dinner, a specialty of the local Szechuan cuisine. After dinner, transfer to the pier and board your Yangtze River Cruiseship – 5 star Emperor One. Stay over night on the ship.

Day 10 – 8/11/07 Set sail at 8:00 am. Cruise on the Yangtze, known as the “mother river” of China. Stunning views of the towering peaks and striking landscapes along the longest river on the Eurasian continent. Shore excursion to one of the many towns along the river valley, or Shibaozhai Pagoda, which is a 12-story wooden pagoda built against the side of a sheer rectangular cliff.. Meals served aboard ship. Sleep on the ship..

Day 11 – 8/12/07 Today's shore excursion will be a journey into one of Yangtze's tributary – the Daning River or Shennong Stream. Meals served aboard ship. Later today our ship will sail through the spectacular Three Gorges of Yangtze. Sleep on the Cruise.

Day 12 – 8/13/07 Arrive Sandouping – site for the Three Gorges Dam; shore visit to the Dam construction project. When completed, this will be the world's biggest dam. After lunch on board, disembark in Yichang and fly to Shanghai. Arrive in Hongqiao Airport in Shanghai and continue travel onto Suzhou with our guide and private coach(1.5H ride). Check in garden style deluxe Purple Bamboo Hotel. Dinner at local restaurant.

Day 13 – 8/14/07 ABF in hotel. Spend the day touring Suzhou and the splendid Lingering Garden. In the afternoon tour a silk and embroidery factory and learn how this luxurious fabric is produced, & lunch. Dinner at local restaurant.

Day 14 – 8/15/07 ABF in hotel. Today we'll continue travel to Shanghai, the largest city in China and financial center. Arrive Shanghai and tour: marvel at the beauty of the Huang Po Bund, 2 mile long beachfront along Huangpo River; lunch In the afternoon check into the splendid five star HuaTing Tower hotel. Enjoy a fabulous Chinese acrobatic performance in the evening.

Day 15 – 8/16/07 ABF in hotel. In the morning, visit Shanghai museum or Children Palace. Afterwards visit the largest TCM hospital in Shanghai and receive acupuncture or TuiNa medical massage treatment. After lunch tour the inside of old town and shop. The rest of the day is yours to do as you please. In the evening, enjoy a farewell dinner at local restaurant.

Day 16 – 8/17/07 ABF in hotel. Free time in the morning until transfer to airport in the afternoon for flight back to United States.