



桂林中青旅国际旅游有限公司特色旅游部

China Expedition Tours, A Division of CYTS International Tours Co., Ltd. Guilin

Family Tour with Authentic Kungfu

<http://www.chinaexpeditiontours.com/china-tours/china-family-tour-with-authentic-chinese-kungfu.html>

Tour Code: CET-FM05

Length: 16 days and 15 nights

Cities Visited/Stayed: Beijing, Zhengzhou, Dengfeng, Luoyang, Xi'an, Guilin, Hong Kong

Highlight Attractions: Forbidden City, Great Wall, Summer Palace, Shaolin Temple, Terracotta Warriors and Horses Museum, Li River, Victoria Peak

Experience & Features: Kite Flying, Kungfu Legend Show, Panda, Old Beijing Hutong, Authentic Kungfu Show, Biking on Top of Xi'an City Wall, Biking in Yangshuo, Cormorant Fishing, Cooking Class, Traditional Chinese Painting class, Local School Visit

Children's Highlights:

Kite Flying in Beijing and/or Xi'an, Kungfu Show, Pandas in Beijing Zoo and the Military Museum, Rickshaw Hutong Tour in Beijing, Shaolin Temple and Kungfu School, Cooking Class, Biking on top of Xi'an City Wall and Yangshuo, Traditional Chinese Painting Class, Local Primary School, Goldfish Market and the Ocean Park in Hong Kong

Itinerary

Day 1: Beijing

Our representative will meet you at airport upon your arrival, and you are transferred to your hotel. In your spare time, you can explore the city yourself. In the evening, our representative will give a pre-tour briefing. This is generally followed by a dinner at a local restaurant - **Beijing Duck** is often a popular choice.

Stay overnight in Beijing.

Meals:

Day 2: Beijing

Visit **[Temple of Heaven]**, the place where the ancient emperors used to pray for the God's bless of the whole nation, **[Tian'anmen Square]**, the largest city square in the world. On the square, we may **[fly kites]** if permitted (also can be done in the Temple of Heaven). Right after the square, we will visit the **[Forbidden City]** which is the largest imperial palace in China during the Ming and Qing dynasties with a history of around 600 years. Let's enjoy a Chinese martial art show named **[Kungfu Legend]** in the evening. That will be very exciting not only

to the kids, but all of you people.

Stay overnight in Beijing.

Meals: (B/L)

Day 3: Beijing

We will travel to **[Jinshanling Great Wall]**, a largely unrestored and, as such, more authentic section of the famous wall, not crowded with hordes of other tourists. Climbing up this incredible man-made engineer and surveying the spectacular surrounding countryside is an unforgettable experience.

Stay overnight in Beijing.

Meals: (B/L)

Day 4: Beijing

It's a day for the kids! In the morning, visit the **[Bird's Nest]** which saw all the most exciting events in the 2008 Olympics. After lunch, let's go and visit **[Beijing Zoo]** to see lovely Pandas and then the **[China Military Museum]**.

Stay overnight in Beijing.

Meals: (B/L)

Day 5: Beijing-Zhengzhou

Visit the **[Summer Palace]** which is the biggest and most renowned imperial summer resort from the Ming and Qing Dynasty and a great example of China's extraordinary workmanship and architecture. Then drive to the old area of Beijing and have a short **[Hutong Tour by rickshaw]**. After our lunch in a local home, drive to the airport for a pm flight to Zhengzhou, the capital city of China's central Henan province.

Stay overnight in Zhengzhou.

Meals: (B/L)

Day 6: Zhengzhou-Dengfeng-Luoyang

In the morning, we will be transferred from Zhengzhou to Dengfeng County where the renowned **[Shaolin Temple]** is located. Visit the temple and enjoy the **[authentic Shaolin Kungfu show]**. After a Buddhist style vegetarian lunch, drive to Luoyang city. The rest of the day will be free for you.

Stay overnight in Luoyang.

Meals: (B/L)

Day 7: Luoyang-Xi'an

Visit the **[Longmen Grotto]** which is on the list of the world heritage by UNESCO. After lunch, take the express train to Xi'an (about 1 hour and 35 minutes).

Stay overnight in Xi'an.

Meals: (B/L)

Day 8: Xi'an

A tour to the renowned **[Terracotta Warriors and Horses Museum]** today will show us these unearthed pottery statues, considered "the Eighth Wonder of the World" and one of the most important archaeological finds of the 20th Century. After coming back, the rest free time can easily be spent wandering the downtown Xi'an.

Stay overnight in Xi'an.

Meals: (B/L)

Day 9: Xi'an

Have a relaxing morning wandering the Muslim quarter, visiting the **[Great Mosque]**, and then have a **[noodle cooking class]**, then your lunch where you have the class. In the afternoon, have a **[bike tour]** around the whole downtown on the top of **[Xi'an City Wall]**.

Stay overnight in Xi'an.

Meals: (B/L)

Day 10: Xi'an-Guilin

We go to visit the **[Shaanxi Provincial Museum]** which will explain to you how Xi'an became the cradle of Chinese culture. And the **[Big Wild Goose Pagoda]** which was built by the eminent monk Xuanzang in 652 AD, with a great importance in China's Buddhism history. After those, we go to the airport, taking a pm flight to Guilin.

Stay overnight in Guilin.

Meals: (B/L)

Day 11: Guilin

Drive to the **[Crown Cave]** to do some minor spelunking and have fun to climb a waterfall in **[Gudong Scenic area]**. Drive to **[Mount. Yao]**, take the **[cable car]** to get to the top and then luge down by a kind of toboggan car. It will be very exciting!

Stay overnight in Guilin.

Meals: (B/L)

Day 12: Guilin-Yangshuo

Drive to the wharf for **[Li River cruise]**, enjoy the Li River picturesque scenery to Yangshuo. The cruise will definitely make your highlight of visit to China. We will pass the extraordinary peaks, sprays of bamboo lining, local fishing rafts floating on the river and picturesque villages. After disembarkation, go and check in to your hotel. See a **[cormorant fishing]** from a short night cruise.

Stay overnight in Yangshuo.

Meals: (B/L)

Day 13: Yangshuo

Have our second **[Bike Tours]** to the countryside near Yangshuo and **[fly kites]** in the field area. In the afternoon, let's have an entire **[cooking class]** to learn how to make south China meals.

Stay overnight in Yangshuo.

Meals: (B/L/D)

Day 14: Yangshuo-Guilin-Hong Kong

We're going to have a **[Traditional Chinese Painting class]** and then **[visit a local primary school]** in the morning. In the afternoon, we will be transferred to Guilin airport for our flight to Hong Kong.

Stay overnight in Hong Kong.

Meals: (B/L)

Day 15: Hong Kong

Today, we are going to visit **[Hong Kong Museum of History]** which houses all the evidences that have seen the historical changes and incidents of this *Oriental Pearl city*. Then go to the **[Goldfish Market]** where blocks and blocks of small stores selling pets of all kinds: fish, reptiles, puppies, and kittens. In the afternoon, the visit to the **[Ocean Park]** will bring the kids lots of fun. After dinner, a night view from the top of the **[Victoria Peak]** will leave an unforgettable impression of this metropolis.

Stay overnight in Hong Kong.

Meals: (B/L)

Day 16: Hong Kong-Departure

Free at leisure until to be transferred to the airport for your flight home. Your tour we sponsored ends at the airport.

Meals: (B)

Service Generally Included

Entrance/ Performance/ Other Tour Activity Fees:

Admission fees for the scenic spots, attractions, performances and other tour activity expenses specified in square brackets [] in the itinerary

PLEASE NOTE:

ONLY those items that are specified in SQUARE BRACKETS [] in the itinerary are INCLUDED in the quote.

Meals:

All meals specified in the itinerary are included. (B=Breakfast; L=Lunch; D=Dinner)

Breakfast is usually a buffet served in the hotel. We endeavor to ensure that a choice of western and Chinese breakfasts is supplied, however there may be occasions when only a Chinese breakfast is available in some remote locations.

Private Transfers:

Transfers between airports, hotels and scenic spots while sightseeing in the destinations cities by private air conditioned vehicle with a driver and English-speaking guide (as listed above).

Guide:

As outlined in the itinerary an English-speaking guide and driver will be provided in each city, who will remain with you throughout your time in that city. A new guide and a new driver will meet you at each city on your tour, to provide you with the best local knowledge available.

Hotels:

Hotel fees are based on two people sharing one room with twin beds.

All hotels serve daily western or Chinese breakfast. All rooms are air-conditioned with private facilities unless specified.

Transportation:

There are three flights (including the flight from Guilin to Hong Kong) and one train for the whole tour.

All the ground transport in each city is included.

Luggage Transfers:

Between airports and hotels.

Travel Liability Insurance

Service Generally Excluded

International Airfare or Train Tickets to enter or leave China

China Entry Visa Fees

Excess Baggage Charges:

For economy class, passengers holding an adult fare or half fare ticket are entitled to a free baggage allowance of 20kg. Total weight of carryon baggage for each passenger may not exceed 5kg. The size may not exceed 20x40x55cm.

Personal Expenses:

Expenses of a purely personal nature such as laundry, drinks, fax, telephone calls, optional activities, sightseeing

or meals which are not included in the tour itinerary.

PLEASE NOTE:

Scenic spots, attractions, performances and other tour activity that are mentioned in the itinerary WITHOUT SQUARE BRACKETS [] are EXCLUDED.

Meals:

Any meals that are not specified in the tour itinerary.

Single Room Supplement

Trip Notes

How to Pack up

We suggest that each person packs up one rollable suitcase with the weight under 20 kg/44lb. You will also need a day pack/bag to carry water, cameras and other electronics like iPods and mobile phones. You don't need bring your kites far away from home. We do that!

Checklist

It's only for reference and you may not need all of them. Choose from below according to the tour you pick up:

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- USD cash and travelers checks
- Credit or debit card (see personal spending money)
- ChinaExpeditionTours vouchers and trip dossier
- Any entry visas or vaccination certificates required
- Day pack for daily personal items
- Wet wipes / Moist towelettes
- Alarm clock
- Flashlight
- Sun hat, Sun block, Sunglasses
- Insect Repellent
- Water bottle and Plastic mug for train journeys
- Ear plugs for train journeys or light sleepers
- Small towel and swim wear
- Toiletries (biodegradable)
- Sturdy walking shoes/Sport sandals
- Money belt
- Shorts for summer months (June – September)
- Long pants
- Shirts/T-shirts
- Warm clothes for Nov-April. Fleece, Jacket, hat and gloves
- Umbrella or waterproof jacket.
- Cover for backpack or plastic bags to keep clothes dry.

Camera, film and memory chip

Reading/writing material

Binoculars

Pocketknife

First-aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking).

Local Dress

Generally speaking, the dress standard is more conservative in China than it is in western countries. Things also changes quickly, nowadays the young Chinese share the same hobbies with their western counterparts. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of summers. In predominately Buddhist and Muslim regions we ask that you dress respectfully and avoid very short shorts/skirts and singlets/ tanktops when visiting temples or mosques or other holy sites.

Spending Money

Every traveler is different and therefore spending money requirements will vary. Some travelers may drink more than others while other travelers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

As currency exchange rates in Asia fluctuate often we ask that you refer to internet for the recent exchange rates. There are many ATM machines that accept both Visa and MasterCard and other credit cards in most Chinese cities. We also recommend the use of cash and travelers checks in USD currency. Major credit cards are accepted in big shops but they may charge a 2-4% transaction fee. For the small shops and the street vendors, they take cash (either Chinese Yuan or US dollar) only.

Meals

Eating is a big part of your traveling in China. Travelling with ChinaExpeditionTours you experience the vast array of wonderful food that is available out in the world. Generally breakfasts and lunches are included except dinners to give you the flexibility in deciding where, what and with whom to eat. Your group leader or local guide will be able to suggest favorite restaurants during your trip.

Emergency Fund

Please also make sure you have access to at least an additional USD200 (or equivalent) as an "emergency" fund, to be used when circumstances outside our control, necessitate a change to our planned route. This is a rare occurrence!

Tipping

It is customary to tip service providers in travel industry in Asia, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. Recommendations for tipping local guides would range from \$6-\$10 USD per person per day depending on the quality and length of the service, for driver, it could be half. If necessary,

ask your tour leader or call your ChinaExpeditionTours tour advisor for specific recommendations based on the circumstances. If you have a tour leader for the whole tour, at the end of the trip if you felt he/she did an outstanding job, tipping is appreciated. The amount is entirely a personal preference. However as a guideline \$6-10 USD per person, per day can be used.

Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets.

Laundry

Generally laundry facilities are offered by our hotels for a charge. You also can go to a laundry service center near your hotel to have your clothing washed at a lower cost. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Safety and Security

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travelers' checks, cash and other valuable items. Many of the hotels we cooperate with have safety deposit boxes which are the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. When travelling on a trip, please note that your group leader or local guides has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your leader or local guides will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your group leader or local guides will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of China but also puts the rest of the group at risk. Smoking marijuana and opium is not acceptable for ChinaExpeditionTours travelers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. Use of illegal drugs is completely contrary to this philosophy and local law. Our group leader or local guides has the right to expel any member of the group if drugs are found in their possession or used.

Health

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our leaders or local guides are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In China pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting a tour please carefully read the

itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings in this dossier for trip specific information. For travelers over 70 years a completed Medical Form is required. ChinaExpeditionTours reserves the right to exclude any traveler from all or part of a trip without refund if in the reasonable opinion of our group leader or local guides they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Medical Form

It is very important you are aware that, as a minimum, an "average level of fitness and mobility" is required to undertake our easiest programs. Travelers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own bags at a minimum. Travelers over the age of 70, or travelers with a pre-existing medical condition, are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that senior travelers have the necessary fitness and mobility to comfortably complete their chosen trip. While our leaders or local guides work hard to ensure that all our travelers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided.

Travel Insurance

Travel insurance is compulsory in order to participate on any of our trips. You must have comprehensive travel insurance that covers you for medical costs associated with hospitalization, emergency travel and repatriation back to your home country. Please take your insurance policy with you when you travel. You may take other cover, of course, but we require you to be adequately insured before we can allow you to participate in our programs. Your ChinaExpeditionTours leader or local guides will need to see and record your policy details at the pre-tour briefing at the starting city, so please bring a copy along to the meeting. If you arrive without travel insurance your tour leader or local guide will require you to purchase a policy before you continue your journey with us.

If you are covered by a policy arranged through your credit card company you will be asked to provide evidence of this cover, as well as a 24-hour emergency contact number. Many credit card companies do not provide an insurance policy number. In this instance, the tour leader or local guides will need to record your credit card number, as this is required to activate any request for emergency assistance. You should also bring along the travel insurance information booklet provided by your credit card company. It is your responsibility to ensure that you meet the requirements set out by your credit card company in order to be effectively covered and that the cover offered is of a suitable standard.

Passport & Visas

Well before travelling, please ensure that you have a current passport, with an accurate photo, that is valid for at least six months after your scheduled return home. Also check that your airline tickets are in exactly the same name as your passport.

Please note that visas for China and Hong Kong are the responsibility of the individual traveler. The visa requirements for your trip vary depending on where you are from and where you are going. Americans, British, Canadians, Australians and New Zealanders do currently require a visa for China. For all other nationalities please reconfirm your visa requirements with your government. For the most up to date information please check your governments' foreign ministry website. It is important that you check for yourself. For most travelers there will probably have an embassy and consulate in the country that you live in. Please note if you are travelling from China,

into Hong Kong then back into China, you will need a double entry Chinese visa. Note that on some occasions people transiting through China on way to Hong Kong have been made to go through immigration and had their single entry visa stamped making this invalid. Do not allow your visa to be stamped if you are only going through transit.

Keeping in Touch

If you need to be contacted while travelling we recommend that you set up an email address that can be accessed on the road, rather than relying on postal mail. Email cafes are becoming increasingly commonplace and cheap throughout the country, and have quickly become the preferred way for our leaders and travelers to stay in touch. If someone wishes to contact you in an emergency while you are on one of our trips we recommend that they contact us so we can get into touch with your tour leader or local guide quickly by their cell phone and they can pass their cell phone to you! We recommend that family and friends don't try to contact you through phoning hotels en route, as our hotels are subject to change.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us and we'll record you and give you ChinaExpeditionTours travel points so you can use the points to get discount for your next ChinaExpeditionTours trip or your friends' ChinaExpeditionTours tours.

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